



Parsnip Topped Shepherd's Pie

READY IN



65 min.

SERVINGS



8

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb parsnips peeled cut into 2-inch pieces
- 1 lb yukon gold potatoes cut into 1-inch pieces
- 2 lb ground round
- 4.5 teaspoons flour all-purpose
- 1 cup beef broth
- 9 oz pearl onions sweet frozen thawed
- 2 tablespoons tomato paste
- 1 teaspoon salt
- 0.5 teaspoon pepper

- 1 cup gruyere cheese shredded
- 6 tablespoons butter
- 0.3 cup milk
- 2 tablespoons rosemary leaves fresh chopped

Equipment

- food processor
- frying pan
- sauce pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 11x7-inch glass baking dish with cooking spray. In 2-quart saucepan, place parsnips and potatoes; cover with water.
- Heat to boiling over medium-high heat. Reduce heat; simmer uncovered 15 to 20 minutes or until tender; drain. In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- Add flour; cook 1 minute, stirring constantly.
- Add broth; heat to boiling. Cook 1 to 2 minutes, stirring constantly, until slightly thickened. Stir in peas and onions, tomato paste, 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. Cook 2 minutes. Spoon into baking dish.
- In food processor, place parsnips, potatoes, 1/2 cup of the cheese, the butter, milk, rosemary, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Cover; process until smooth. Spoon onto beef mixture to within 1 inch of edge.
- Sprinkle with remaining 1/2 cup cheese.
- Bake uncovered 20 to 25 minutes or until bubbly.

Nutrition Facts



■ PROTEIN **26.95%** ■ FAT **50.76%** ■ CARBS **22.29%**

Properties

Glycemic Index:44.09, Glycemic Load:12.85, Inflammation Score:-7, Nutrition Score:22.44347813855%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg

Nutrients (% of daily need)

Calories: 458.7kcal (22.94%), Fat: 25.83g (39.74%), Saturated Fat: 9.77g (61.09%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 20.66g (7.51%), Sugar: 5.56g (6.17%), Cholesterol: 93.08mg (31.03%), Sodium: 739.94mg (32.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.86g (61.72%), Vitamin B12: 2.86µg (47.61%), Zinc: 6.71mg (44.73%), Phosphorus: 411.95mg (41.19%), Vitamin B3: 7.24mg (36.22%), Vitamin B6: 0.71mg (35.48%), Selenium: 23.57µg (33.67%), Vitamin C: 24.17mg (29.3%), Potassium: 957.95mg (27.37%), Manganese: 0.5mg (25.21%), Calcium: 236.19mg (23.62%), Iron: 3.68mg (20.46%), Fiber: 4.86g (19.46%), Vitamin B2: 0.31mg (18.52%), Magnesium: 66.03mg (16.51%), Folate: 65.38µg (16.35%), Vitamin K: 16.01µg (15.25%), Vitamin B5: 1.38mg (13.84%), Vitamin A: 626.55IU (12.53%), Vitamin B1: 0.19mg (12.5%), Copper: 0.25mg (12.42%), Vitamin E: 1.77mg (11.8%), Vitamin D: 0.32µg (2.16%)