



Proper English Cottage Pie

READY IN



45 min.

SERVINGS



6

CALORIES



421 kcal

Ingredients

- 1.5 cups beef broth
- 0.3 cup butter softened
- 3 carrots diced
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon ground cinnamon
- 1 tablespoon penzey's southwest seasoning italian
- 1 pound ground beef lean
- 1 cup milk
- 1 onion diced

- 4 potatoes diced peeled
- 6 servings salt and pepper to taste
- 0.3 pound cheddar cheese shredded
- 1 tablespoon tomato paste

Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place a large skillet over medium heat. Crumble in ground beef and saute 1 minute.
- Add onion and carrot, then continue to saute until meat is no longer pink and onion begins to brown, about 5 minutes.
- Mix in flour, cinnamon, mixed herbs, and parsley.
- In a small bowl, combine beef broth and tomato paste.
- Mix together, then add to beef mixture.
- Add salt and pepper to taste. Lower heat and simmer mixture for 15 minutes, stirring occasionally, until almost all of liquid has been absorbed. Spoon mixture into a 9 inch pie plate.
- Place diced potatoes in a medium saucepan. Cover with water and place over high heat. Allow to come to a boil. Boil for 15 minutes, or until potatoes are tender.
- Drain.
- Mash potatoes until smooth, then add butter or margarine, followed by milk. Whip until fluffy.
- Add salt and pepper to taste.
- Spread potatoes over beef filling.
- Sprinkle with grated Cheddar cheese.
- Bake in preheated oven for 25 minutes, until top is browned and cheese is bubbly.

Nutrition Facts

PROTEIN 25.1% FAT 41.75% CARBS 33.15%

Properties

Glycemic Index:72.43, Glycemic Load:21.94, Inflammation Score:-10, Nutrition Score:26.704347817794%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 420.66kcal (21.03%), Fat: 19.61g (30.18%), Saturated Fat: 11.09g (69.31%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 30.08g (10.94%), Sugar: 5.74g (6.37%), Cholesterol: 90.99mg (30.33%), Sodium: 719.15mg (31.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.07%), Vitamin A: 5757.81IU (115.16%), Vitamin B6: 0.84mg (42.02%), Vitamin C: 33.51mg (40.62%), Phosphorus: 391.35mg (39.13%), Vitamin B12: 2.17µg (36.19%), Zinc: 5.31mg (35.38%), Vitamin K: 35.67µg (33.97%), Vitamin B3: 6.78mg (33.92%), Potassium: 1142.34mg (32.64%), Selenium: 21.37µg (30.53%), Calcium: 245.91mg (24.59%), Vitamin B2: 0.37mg (21.6%), Iron: 3.77mg (20.95%), Manganese: 0.4mg (20%), Fiber: 4.95g (19.81%), Magnesium: 70.85mg (17.71%), Vitamin B1: 0.23mg (15.13%), Copper: 0.26mg (13.02%), Vitamin B5: 1.29mg (12.92%), Folate: 50.14µg (12.53%), Vitamin E: 1.09mg (7.3%), Vitamin D: 0.64µg (4.24%)