



HEALTH SCORE

61%

Quick spiced shepherd's pie



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp olive oil
- ☐ 500 g lamb minced
- ☐ 3 tbsp suya seasoning mix (we used Schwartz's)
- ☐ 400 g canned tomatoes with garlic and onion chopped canned
- ☐ 750 g potatoes cooked

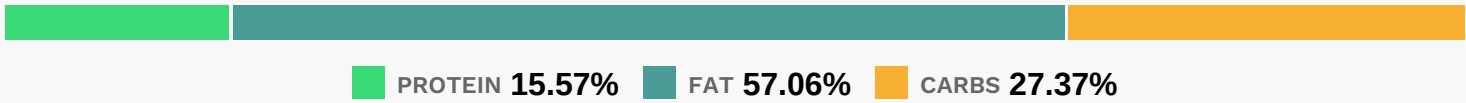
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat 1 tbsp olive oil in a large non-stick frying pan, then fry the lamb and half the spice mix over a high heat for 8 mins until browned. Tip in the tomatoes, then season and simmer for 20 mins until thick. Meanwhile, crush the potatoes with the remaining oil and spice mix.
- ☐ Heat the grill to high. Tip the hot sauce into a gratin dish and scatter with the potatoes. The pie can now be cooled and frozen for up to a month. Grill for 8 mins until the potatoes are crispy and golden.

Nutrition Facts



Properties

Glycemic Index:31.69, Glycemic Load:26.17, Inflammation Score:-7, Nutrition Score:35.286521748356%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 682.01kcal (34.1%), Fat: 44.19g (67.98%), Saturated Fat: 14.93g (93.31%), Carbohydrates: 47.69g (15.9%), Net Carbohydrates: 36.95g (13.44%), Sugar: 6.32g (7.02%), Cholesterol: 91.25mg (30.42%), Sodium: 220.05mg (9.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.13g (54.25%), Vitamin K: 90.71µg (86.39%), Vitamin C: 46.39mg (56.23%), Vitamin B3: 11.16mg (55.81%), Manganese: 1.05mg (52.34%), Iron: 8.86mg (49.21%), Vitamin B6: 0.98mg (49.07%), Vitamin B12: 2.89µg (48.13%), Fiber: 10.74g (42.94%), Potassium: 1499.69mg (42.85%), Vitamin E: 5.56mg (37.06%), Selenium: 25.16µg (35.94%), Zinc: 5.37mg (35.83%), Phosphorus: 351.53mg (35.15%), Magnesium: 119.3mg (29.83%), Copper: 0.58mg (29.1%), Vitamin B1: 0.38mg (25.47%), Vitamin B2: 0.43mg (25.47%), Calcium: 253.67mg (25.37%), Folate: 91.77µg (22.94%), Vitamin B5: 1.75mg (17.48%), Vitamin A: 407.31IU (8.15%)