



Quick Vegetable Shepherd's Pie



Gluten Free



Very Healthy

READY IN



42 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans drained canned
- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 1 teaspoon chili powder
- ☐ 1.3 cups milk fat-free
- ☐ 6 cups vegetables mixed frozen thawed
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 cup nonfat cream sour
- ☐ 6 servings paprika

- ☐ 2.7 cups potatoes frozen thawed mashed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce no-salt-added tomato sauce canned
- ☐ 1 teaspoon worcestershire sauce low-sodium

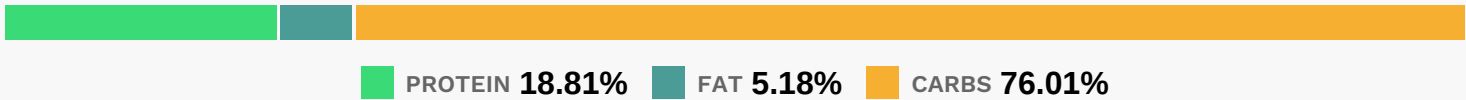
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Combine first 8 ingredients in a large bowl; stir well. Spoon mixture into an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- ☐ Cook milk in a medium saucepan over medium heat until very hot. (Do not boil.) Stir in mashed potatoes; cook, stirring constantly, 5 minutes or until thickened. Stir in sour cream and 1/4 teaspoon salt.
- ☐ Spread potato mixture over vegetable mixture; sprinkle with paprika. Spray top with cooking spray.
- ☐ Microwave at HIGH 30 minutes, rotating dish once, or until vegetables are tender and top is golden.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:25.46, Inflammation Score:-10, Nutrition Score:27.974782529085%

Flavonoids

Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 309.09kcal (15.45%), Fat: 1.92g (2.96%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 63.49g (21.16%), Net Carbohydrates: 47.95g (17.44%), Sugar: 8.33g (9.25%), Cholesterol: 3.36mg (1.12%), Sodium: 1071.13mg (46.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.43%), Vitamin A: 10816.73IU (216.33%), Fiber: 15.53g (62.13%), Vitamin C: 43.32mg (52.51%), Manganese: 0.95mg (47.57%), Potassium: 1389.98mg (39.71%), Phosphorus: 353.2mg (35.32%), Vitamin B6: 0.68mg (33.9%), Vitamin B1: 0.45mg (30.17%), Magnesium: 113.51mg (28.38%), Copper: 0.53mg (26.59%), Iron: 4.77mg (26.5%), Vitamin B3: 4.99mg (24.95%), Folate: 99.59µg (24.9%), Vitamin B2: 0.41mg (24.39%), Calcium: 193.41mg (19.34%), Zinc: 2.28mg (15.19%), Vitamin B5: 1.3mg (13.02%), Vitamin E: 1.83mg (12.17%), Vitamin K: 9.04µg (8.61%), Selenium: 5.33µg (7.61%), Vitamin B12: 0.37µg (6.22%), Vitamin D: 0.64µg (4.24%)