



Scottish Shepherd's Pie

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 1 pound ham cooked cut into one inch cubes
- 29.5 ounce corn canned
- 7 potatoes boiled peeled mashed

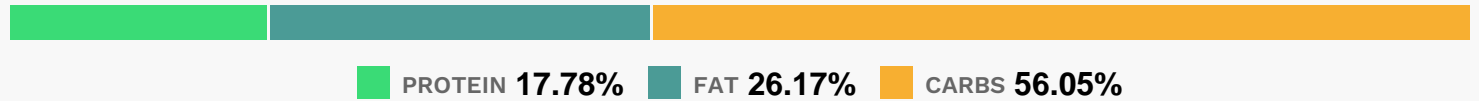
Equipment

- oven
- casserole dish
- broiler

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place ham in a 2 quart casserole dish and top with corn.
- Heat in preheated oven 10 minutes.
- Remove and top with mashed potatoes.
- Heat in oven for 20 more minutes, then remove.
- Turn oven to "broil" setting. Dot potatoes with butter or margarine, then place pie under broiler just until golden brown on top, about 3 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.72, Glycemic Load:23.84, Inflammation Score:-6, Nutrition Score:18.210869623267%

Flavonoids

Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 354.12kcal (17.71%), Fat: 10.68g (16.43%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 51.49g (17.16%), Net Carbohydrates: 46.13g (16.77%), Sugar: 4.83g (5.37%), Cholesterol: 56.64mg (18.88%), Sodium: 984.52mg (42.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.65%), Vitamin C: 54.21mg (65.71%), Vitamin B6: 0.76mg (38.05%), Phosphorus: 326.81mg (32.68%), Vitamin B1: 0.47mg (31.67%), Potassium: 1085.75mg (31.02%), Vitamin B3: 4.99mg (24.93%), Fiber: 5.35g (21.42%), Folate: 76.69µg (19.17%), Manganese: 0.38mg (19.14%), Magnesium: 72.69mg (18.17%), Selenium: 12.27µg (17.54%), Copper: 0.32mg (16.01%), Zinc: 2.37mg (15.77%), Vitamin B2: 0.25mg (14.85%), Vitamin B12: 0.81µg (13.53%), Iron: 2.33mg (12.97%), Vitamin B5: 1.24mg (12.43%), Vitamin A: 258.36IU (5.17%), Vitamin K: 4.04µg (3.85%), Calcium: 30.61mg (3.06%), Vitamin E: 0.26mg (1.71%)