Shepherd's Pie

READY IN	SERVINGS	CALORIES
90 min.	6	296 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2.5 pounds baking potatoes peeled cut into 2-inch pieces
- [ ] 1 carrots diced finely
- [ ] 1 rib celery diced finely
- [ ] 0.5 cup lentils cooked
- [ ] 8 ounces extra-lean ground beef
- [ ] 2 tablespoons flour all-purpose
- [ ] 4 cloves garlic minced
- [ ] 0.8 cup milk low-fat
- [ ] 2 tablespoons cup heavy whipping cream sour low-fat

- [ ] 2 cups beef broth low-sodium
- [ ] 1 cup mushrooms diced finely
- [ ] 1 large onion diced finely
- [ ] 1 cup peas frozen thawed
- [ ] 6 servings salt and pepper
- [ ] 1 tablespoon worcestershire sauce

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] pot
- [ ] baking pan
- [ ] broiler

Directions

- [ ] Place potatoes in a pot, cover with cold, salted water, bring to a boil over medium-high heat and cook until potatoes are tender, about 20minutes.
- [ ] Drain, transfer to a large bowl and mash with milk and sour cream. Season with salt and pepper.
- [ ] Warm a large skillet over medium heat until hot.
- [ ] Add beef and cook, breaking up with a spoon, until no longer pink, about 5minutes.
- [ ] Add onion, carrot, celery and mushrooms and saut for 8minutes.
- [ ] Add garlic and saut 2minutes longer.
- [ ] Sprinkle flour on top and cook, stirring, for 2minutes. Stir in broth, Worcestershire sauce and lentils, bring to a boil, reduce heat to low and simmer for 10minutes.
- [ ] Preheat oven to 375F. Mist a 9-by-13-inch baking dish with cooking spray. Stir peas into meat mixture and season with salt and pepper. Spoon meat mixture into baking dish and carefully spread potatoes on top.

- [ ] Bake for 30minutes. If potatoes are not brown enough, turn broiler on high and broil until potatoes are golden, about 2minutes, watching carefully to avoid burning.
- [ ] Serve hot.

Nutrition Facts

PROTEIN **24.78%** FAT **9.1%** CARBS **66.12%**

Properties

Glycemic Index:66.93, Glycemic Load:30.94, Inflammation Score:-9, Nutrition Score:21.503478231637%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 295.82kcal (14.79%), Fat: 3.05g (4.7%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 49.91g (16.64%), Net Carbohydrates: 43.69g (15.89%), Sugar: 6.57g (7.3%), Cholesterol: 26.31mg (8.77%), Sodium: 442.59mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.41%), Vitamin B6: 0.98mg (49.02%), Potassium: 1424.79mg (40.71%), Vitamin A: 1990.32IU (39.81%), Phosphorus: 301.44mg (30.14%), Vitamin C: 24.71mg (29.95%), Manganese: 0.59mg (29.71%), Vitamin B3: 5.66mg (28.29%), Fiber: 6.22g (24.9%), Folate: 91.62µg (22.9%), Vitamin B1: 0.34mg (22.62%), Zinc: 3.33mg (22.22%), Iron: 3.91mg (21.73%), Copper: 0.39mg (19.58%), Magnesium: 76.96mg (19.24%), Vitamin B2: 0.31mg (18.37%), Vitamin B12: 1.05µg (17.5%), Selenium: 11.77µg (16.81%), Vitamin B5: 1.39mg (13.86%), Vitamin K: 13.3µg (12.67%), Calcium: 99.36mg (9.94%), Vitamin D: 0.4µg (2.68%), Vitamin E: 0.29mg (1.93%)