



Shepherd's Pie

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans drained and rinsed canned
- 2 ounces preshredded extrasharp cheddar cheese reduced-fat
- 1 tablespoon ground cumin
- 0.8 pound ground sirloin
- 0.8 cup picante sauce
- 2 cups potatoes prepared mashed (such as Simply Potatoes)
- 0.1 teaspoon salt
- 2 teaspoons sugar

0.3 cup water

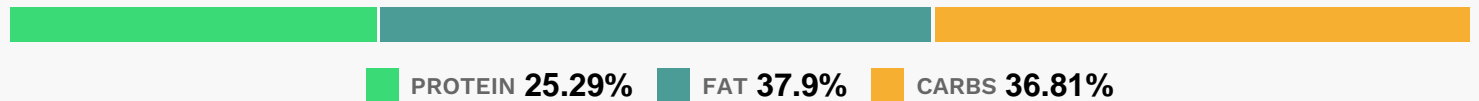
Equipment

frying pan

Directions

- Prepare mashed potatoes according to package directions; keep warm.
- Cook beef in a large nonstick skillet over medium-high heat until browned, stirring to crumble. Stir in picante sauce, water, cumin, sugar, salt, and beans; bring to a boil. Reduce heat; simmer until mixture thickens (about 5 minutes).
- Remove from heat. Spoon mashed potatoes over meat mixture, and sprinkle with cheese. Cover and let stand 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:59.46, Glycemic Load:20.21, Inflammation Score:-6, Nutrition Score:22.094347575436%

Flavonoids

Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 435.11kcal (21.76%), Fat: 18.49g (28.44%), Saturated Fat: 7.85g (49.05%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 31.42g (11.42%), Sugar: 6.72g (7.47%), Cholesterol: 72.01mg (24%), Sodium: 823.29mg (35.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.75g (55.51%), Phosphorus: 405.98mg (40.6%), Vitamin B6: 0.79mg (39.56%), Zinc: 5.47mg (36.44%), Fiber: 8.98g (35.92%), Vitamin B12: 2µg (33.26%), Potassium: 1132.92mg (32.37%), Vitamin B3: 6.21mg (31.04%), Manganese: 0.59mg (29.26%), Iron: 5.15mg (28.61%), Selenium: 19.46µg (27.8%), Vitamin C: 22.58mg (27.37%), Magnesium: 88.18mg (22.05%), Copper: 0.38mg (18.97%), Vitamin B2: 0.32mg (18.68%), Calcium: 184.67mg (18.47%), Vitamin B1: 0.26mg (17.53%), Folate: 54.62µg (13.66%), Vitamin B5: 1.07mg (10.73%), Vitamin K: 9.93µg (9.46%), Vitamin A: 397.18IU (7.94%), Vitamin E: 1.1mg (7.32%), Vitamin D: 0.17µg (1.13%)