



Shepherd's Pie

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.2 ounce chicken gravy mix (such as Knorr)
- 1.5 pounds pd of ground turkey
- 10 ounce peas frozen thawed
- 0.3 cup pecorino cheese grated
- 20 ounce potatoes mashed (such as Simply Potatoes)

Equipment

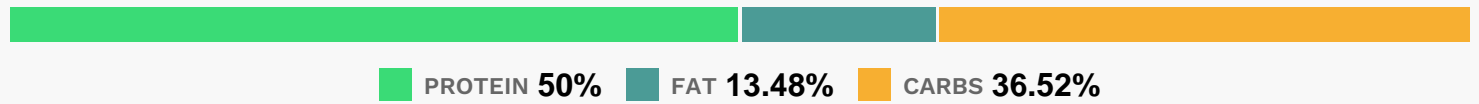
- frying pan
- oven

baking pan

Directions

- Heat oven to 350 F. In a large nonstick skillet, cook the turkey until it is no longer pink.
- Add the gravy mix and 1 cup water. Stir frequently until the sauce comes to a boil; cook 1 minute. Lightly coat a 9-inch square baking dish or four 16-ounce baking dishes with vegetable cooking spray. Spoon in the turkey. Top with the peas, then the mashed potatoes.
- Sprinkle with the Pecorino Romano.
- Bake 20 minutes or until heated through and the top is golden.

Nutrition Facts



Properties

Glycemic Index:38.77, Glycemic Load:20.92, Inflammation Score:-8, Nutrition Score:31.363478188929%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 387.03kcal (19.35%), Fat: 5.84g (8.99%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 28.47g (10.35%), Sugar: 5.31g (5.9%), Cholesterol: 100.73mg (33.58%), Sodium: 211.3mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.78g (97.57%), Vitamin B6: 2mg (100.05%), Vitamin B3: 19.49mg (97.47%), Vitamin C: 56.27mg (68.21%), Phosphorus: 590.96mg (59.1%), Selenium: 40.2µg (57.43%), Potassium: 1276.85mg (36.48%), Zinc: 4.44mg (29.63%), Fiber: 7.16g (28.63%), Vitamin B1: 0.41mg (27.31%), Magnesium: 107.88mg (26.97%), Manganese: 0.52mg (25.95%), Folate: 82.79µg (20.7%), Vitamin B5: 2.02mg (20.17%), Vitamin B2: 0.34mg (20.04%), Iron: 3.51mg (19.47%), Vitamin K: 20.41µg (19.44%), Copper: 0.38mg (18.92%), Vitamin B12: 0.94µg (15.62%), Vitamin A: 642.31IU (12.85%), Calcium: 106.33mg (10.63%), Vitamin D: 0.71µg (4.74%), Vitamin E: 0.24mg (1.6%)