



Shepherd's Pie

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 1.5 lb ground beef
- ☐ 2 cups savory vegetable mixed frozen (from 12-oz bag)
- ☐ 3 tablespoons tomato paste
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1.8 cups beef broth (from 32-oz carton)

- ☐ 2 tablespoons flour all-purpose
- ☐ 20 oz potatoes refrigerated mashed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- ☐ In 12-inch skillet, heat oil over medium-high heat. Cook onion in oil 5 minutes, stirring occasionally, until soft.
- ☐ Add beef; cook 5 to 7 minutes, stirring occasionally, until thoroughly cooked.
- ☐ Drain.
- ☐ Add mixed vegetables, tomato paste, salt and pepper; cook over medium heat 5 minutes, stirring frequently, until vegetables are hot.
- ☐ Add beef to skillet; cook 5 to 7 minutes, stirring occasionally, until thoroughly cooked.
- ☐ Drain.
- ☐ In small bowl, mix broth and flour with whisk.
- ☐ Add broth mixture to beef mixture.
- ☐ Heat to boiling; cook 3 minutes, stirring constantly, until thick. Spoon beef mixture into baking dish.
- ☐ Spread mashed potatoes over beef mixture.
- ☐ Bake 20 minutes or until golden brown.

Nutrition Facts



 **PROTEIN 23.09%**  **FAT 50.01%**  **CARBS 26.9%**

Properties

Glycemic Index:51.29, Glycemic Load:16.77, Inflammation Score:-9, Nutrition Score:21.543478146843%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 429.84kcal (21.49%), Fat: 23.97g (36.88%), Saturated Fat: 8.97g (56.07%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 23.93g (8.7%), Sugar: 2.1g (2.33%), Cholesterol: 80.51mg (26.84%), Sodium: 627.99mg (27.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.91g (49.82%), Vitamin A: 3205.18IU (64.1%), Vitamin B12: 2.48µg (41.26%), Vitamin B3: 7.5mg (37.5%), Vitamin B6: 0.74mg (36.98%), Zinc: 5.37mg (35.81%), Vitamin C: 27.34mg (33.13%), Phosphorus: 289.98mg (29%), Potassium: 968.35mg (27.67%), Selenium: 19.35µg (27.64%), Iron: 4.02mg (22.33%), Fiber: 5.07g (20.29%), Manganese: 0.37mg (18.74%), Vitamin B2: 0.29mg (17.15%), Magnesium: 61.92mg (15.48%), Vitamin B1: 0.23mg (15.23%), Copper: 0.27mg (13.26%), Folate: 49.29µg (12.32%), Vitamin B5: 1mg (9.96%), Vitamin E: 0.92mg (6.12%), Calcium: 56.91mg (5.69%), Vitamin K: 5.33µg (5.08%)