



Shepherd's Pie



Gluten Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large carrots peeled chopped
- ☐ 1 cup chicken broth
- ☐ 1 pound lamb with another ground meat)
- ☐ 6 servings kosher salt to taste
- ☐ 0.5 cup milk (any fat content)
- ☐ 1 large onion peeled chopped
- ☐ 1 tablespoon parsley italian chopped
- ☐ 1 cup peas frozen

- ☐ 1 teaspoon rosemary fresh dry chopped
- ☐ 2 pounds russet potatoes peeled cut into chunks
- ☐ 1 tablespoon tomato paste
- ☐ 6 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ In a large sauté pan over medium-high heat, heat the oil, then add the onion, carrot, and meat. Cook until browned, 8 to 10 minutes.
- ☐ Drain the fat and add the broth, tomato paste, and herbs. Simmer until the juices thicken, about 10 minutes, then add the peas.
- ☐ Pour the mixture into a 1 1/2-quart baking dish; set aside.
- ☐ Meanwhile, bring the potatoes to a boil in salted water. Cook until tender, about 20 minutes; drain.
- ☐ Mash the potatoes with the butter, milk, and salt.
- ☐ Spread them over the meat mixture, then crosshatch the top with a fork.
- ☐ Bake until golden, 30 to 35 minutes.
- ☐ Tip
 - ☐ • Instead of using a baking dish for the Shepherd's Pie, keep the filling in the (ovenproof) sauté pan in which you cook it, top with the crust, and bake it all in the oven for a skillet version that won't dirty another dish.

Nutrition Facts



Properties

Glycemic Index:52.99, Glycemic Load:23.86, Inflammation Score:-9, Nutrition Score:20.576086956522%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 483.38kcal (24.17%), Fat: 29.76g (45.79%), Saturated Fat: 13.8g (86.23%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 31.73g (11.54%), Sugar: 5.42g (6.02%), Cholesterol: 87mg (29%), Sodium: 438.51mg (19.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.17%), Vitamin A: 2672.5IU (53.45%), Vitamin B6: 0.87mg (43.62%), Potassium: 1040.27mg (29.72%), Vitamin B12: 1.76µg (29.32%), Vitamin B3: 5.62mg (28.08%), Zinc: 4.12mg (27.45%), Vitamin C: 22.32mg (27.05%), Vitamin K: 28.21µg (26.86%), Phosphorus: 268.23mg (26.82%), Manganese: 0.42mg (21.13%), Selenium: 13.34µg (19.06%), Iron: 3.36mg (18.69%), Vitamin B1: 0.26mg (17.51%), Fiber: 4.24g (16.95%), Magnesium: 64.13mg (16.03%), Vitamin B2: 0.27mg (15.77%), Copper: 0.28mg (13.94%), Folate: 50.97µg (12.74%), Vitamin B5: 1.02mg (10.25%), Calcium: 81mg (8.1%), Vitamin E: 1.1mg (7.31%), Vitamin D: 0.51µg (3.4%)