



Shepherd's Pie

 Popular

READY IN



50 min.

SERVINGS



8

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 0.5 cup beef stock
- ☐ 0.5 cup bell pepper chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter melted
- ☐ 0.3 teaspoon cajun spice
- ☐ 10 ounce canned tomatoes canned
- ☐ 1 cup carrots diced

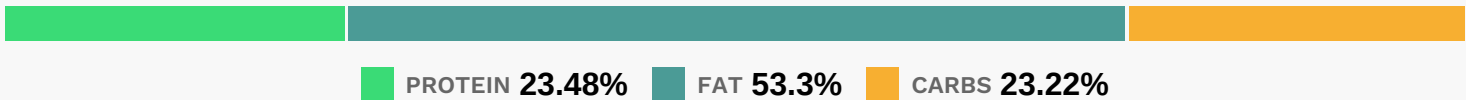
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 large eggs
- ☐ 1 teaspoon garlic minced
- ☐ 2 pounds ground beef
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup onion chopped
- ☐ 1 cup peas frozen
- ☐ 4 cups potatoes leftover mashed
- ☐ 1.5 cups cheese shredded
- ☐ 2 dashes worcestershire sauce

Equipment

Directions

- ☐ Recipe: Shepherd's PieFrom the Kitchen of Deep South Dish
- ☐ Prep time: 20 min |Cook time: 30 min |

Nutrition Facts



Properties

Glycemic Index:62.61, Glycemic Load:16.58, Inflammation Score:-10, Nutrition Score:26.213478440824%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 502.97kcal (25.15%), Fat: 29.78g (45.81%), Saturated Fat: 12.64g (79.01%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 24.09g (8.76%), Sugar: 5.76g (6.4%), Cholesterol: 124.12mg (41.37%), Sodium: 472.44mg (20.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.03%), Vitamin A: 3434.1IU (68.68%), Vitamin C: 45.71mg (55.4%), Vitamin B12: 2.96µg (49.4%), Vitamin B6: 0.87mg (43.34%), Zinc: 6.2mg (41.34%), Phosphorus: 377.72mg (37.77%), Vitamin B3: 7.21mg (36.06%), Selenium: 24.06µg (34.37%), Potassium: 1056.95mg (30.2%), Iron: 4.27mg (23.72%), Vitamin B2: 0.38mg (22.08%), Fiber: 5.09g (20.38%), Manganese: 0.41mg (20.29%), Calcium: 174.18mg (17.42%), Magnesium: 68.41mg (17.1%), Vitamin B1: 0.25mg (16.99%), Copper: 0.32mg (15.78%), Folate: 58.98µg (14.75%), Vitamin K: 14.93µg (14.22%), Vitamin B5: 1.23mg (12.32%), Vitamin E: 1.37mg (9.15%), Vitamin D: 0.32µg (2.15%)