



Shepherd's Pie from Birds Eye®



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



14.5 ounce canned tomatoes diced canned



1 pound ground beef lean



24 ounce potatoes refrigerated prepared mashed



0.3 teaspoon salt

Equipment



frying pan



oven

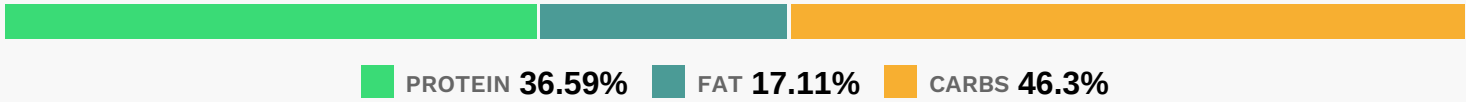


casserole dish

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Brown beef in large nonstick skillet; drain fat.*
- ☐ Add tomatoes and Recipe Ready Mirepoix and bring to a boil over high heat. Reduce heat to low and simmer 10 minutes. Stir in parsley and salt.
- ☐ Turn mixture into 1-1/2 quart casserole dish. Evenly top with mashed potatoes.
- ☐ Bake 20 minutes or until potatoes are golden and mixture is bubbling.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:23.86, Inflammation Score:-6, Nutrition Score:24.215652144474%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 319.22kcal (15.96%), Fat: 6.11g (9.4%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 37.21g (12.4%), Net Carbohydrates: 31.51g (11.46%), Sugar: 5.85g (6.5%), Cholesterol: 70.31mg (23.44%), Sodium: 366.04mg (15.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.4g (58.8%), Vitamin B6: 1.1mg (55.02%), Vitamin C: 42.96mg (52.08%), Vitamin B3: 9.28mg (46.39%), Zinc: 6.54mg (43.62%), Vitamin B12: 2.54µg (42.34%), Potassium: 1409.6mg (40.27%), Phosphorus: 354.37mg (35.44%), Selenium: 20.86µg (29.8%), Iron: 5.36mg (29.79%), Manganese: 0.46mg (23%), Copper: 0.46mg (22.96%), Fiber: 5.69g (22.78%), Magnesium: 84.63mg (21.16%), Vitamin B1: 0.26mg (17.31%), Vitamin B2: 0.29mg (17.08%), Vitamin B5: 1.52mg (15.17%), Folate: 46.25µg (11.56%), Vitamin E: 1.62mg (10.79%), Vitamin K: 9.02µg (8.59%), Calcium: 65.65mg (6.56%), Vitamin A: 224.35IU (4.49%)