

Shepherd's Pie I

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes crushed peeled canned
- 1 pound ground beef lean
- 1 onion chopped
- 2 cups potato flakes instant mashed
- 10 servings salt to taste
- 1 cup cheddar cheese shredded
- 2 tablespoons vegetable oil

Equipment

frying pan

oven

Directions

Heat oil in frying pan.

Add chopped onions, and fry until golden brown.

Add ground beef, and keep stirring until meat is browned.

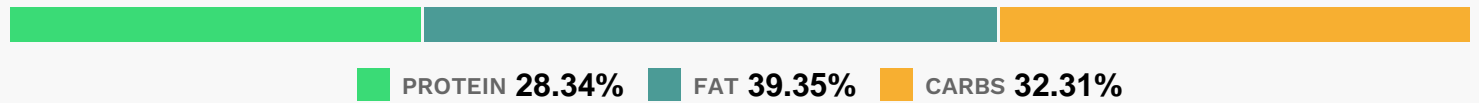
Add crushed tomatoes, and continue to cook until liquid from the tomatoes evaporates. Salt to taste.

In the meantime, prepare the mashed potatoes as directed on the packet.

Spread the meat mixture into the bottom of an oven proof dish. Cover with a layer of mashed potatoes, and top with grated cheese.

Bake for 10 minutes at 400 degrees F (205 degrees C), or until cheese has melted and browned.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:1.93, Inflammation Score:-4, Nutrition Score:12.331304280654%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 204.57kcal (10.23%), Fat: 9.11g (14.02%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 14.34g (5.22%), Sugar: 4.4g (4.89%), Cholesterol: 39.42mg (13.14%), Sodium: 415.33mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Vitamin C: 17.84mg (21.62%), Vitamin B3: 4.23mg (21.16%), Vitamin B6: 0.41mg (20.38%), Zinc: 3.04mg (20.27%), Vitamin B12: 1.14µg (18.93%), Selenium: 13.23µg (18.9%), Phosphorus: 188.88mg (18.89%), Potassium: 546.08mg (15.6%), Vitamin B1: 0.2mg (13.67%), Iron: 2.3mg (12.78%), Calcium: 116.85mg (11.69%), Vitamin B2: 0.18mg (10.61%), Copper: 0.21mg (10.38%), Vitamin K: 10.7µg (10.19%), Fiber: 2.49g (9.95%), Vitamin E: 1.43mg (9.55%), Magnesium: 37.93mg (9.48%), Manganese: 0.18mg (9.25%), Vitamin B5: 0.82mg (8.22%), Vitamin A: 285.43IU (5.71%), Folate: 22.57µg (5.64%)