

Shepherd's Pie IV

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter softened
- 1 head cauliflower chopped
- 21.5 ounce cream of mushroom soup canned
- 4 ounces cream cheese softened
- 1 tablespoon chives dried
- 0.1 teaspoon garlic powder
- 1 pound green beans frozen thawed
- 2 pounds ground sirloin

- 0.5 cup milk
- 4 large onions diced peeled
- 12 potatoes diced peeled
- 12 servings salt and pepper to taste
- 8 ounces cheddar cheese shredded

Equipment

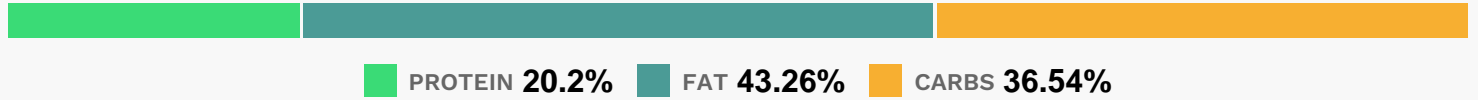
- frying pan
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 10x15x2 inch baking dish.
- Place ground sirloin in a large skillet over medium heat and saute 1 minute.
- Add chopped onion and continue to cook until meat is no longer pink and onion is beginning to brown.
- Pour mixture into greased baking dish.
- Top meat layer with green beans and cauliflower.
- Sprinkle cheese over vegetables, then spread evenly with cream of mushroom soup.
- Place potatoes in a large pot. Cover them with water and bring to a boil. Boil 10 minutes, or until tender.
- Drain.
- To potatoes add softened cream cheese and butter or margarine. Whip until all ingredients are combined.
- Pour in milk and continue to whip until potatoes are smooth and fluffy.
- Add garlic powder, salt, and pepper to taste.
- Spread potatoes over soup layer.
- Sprinkle lightly with chives.

Bake uncovered in preheated oven for 35 to 45 minutes, until potatoes are golden brown.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:29.92, Inflammation Score:-8, Nutrition Score:28.810434704242%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.93mg, Quercetin: 12.93mg, Quercetin: 12.93mg, Quercetin: 12.93mg

Nutrients (% of daily need)

Calories: 551.58kcal (27.58%), Fat: 26.86g (41.32%), Saturated Fat: 13.36g (83.5%), Carbohydrates: 51.03g (17.01%), Net Carbohydrates: 43.41g (15.78%), Sugar: 6.84g (7.6%), Cholesterol: 93.78mg (31.26%), Sodium: 822.81mg (35.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.22g (56.44%), Vitamin C: 73.48mg (89.07%), Vitamin B6: 1.14mg (56.86%), Potassium: 1524.09mg (43.55%), Phosphorus: 423.65mg (42.37%), Zinc: 5.66mg (37.72%), Manganese: 0.71mg (35.53%), Vitamin B3: 6.83mg (34.14%), Vitamin B12: 2.01µg (33.43%), Fiber: 7.62g (30.49%), Vitamin K: 29.92µg (28.5%), Selenium: 19.76µg (28.23%), Vitamin B2: 0.42mg (24.48%), Iron: 4.34mg (24.12%), Folate: 96.45µg (24.11%), Magnesium: 95.19mg (23.8%), Calcium: 231.67mg (23.17%), Copper: 0.46mg (22.75%), Vitamin B1: 0.3mg (20.28%), Vitamin B5: 1.78mg (17.84%), Vitamin A: 728.4IU (14.57%), Vitamin E: 0.84mg (5.62%), Vitamin D: 0.3µg (2.01%)