



## Shepherd's pie jackets

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 baking potatoes
- ☐ 450 g ground beef minced
- ☐ 1 onion chopped
- ☐ 1 tablespoon worcestershire sauce good
- ☐ 284 ml beef stock
- ☐ 1 tbsp tomato purée
- ☐ 1 tablespoon milk
- ☐ 1 knob butter

☐ 50 g cheddar cheese   grated

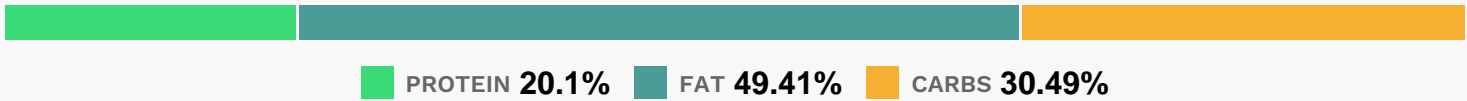
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ microwave

## Directions

- ☐ Put the potatoes in the microwave on high (750W) for 20 minutes until cooked through. While theyre cooking, tip the mince and onion into a pan and cook on the hob for 10 minutes until the onion is golden and the mince has lost its pink colour. Splash in the Worcestershire sauce and cook for 1 minute, then pour in the stock and squeeze in the tomato pure.Give a good stir to dissolve the pure, then cover and simmer for 20 minutes or until the meat is tender.
- ☐ Cut each potato in half and scoop the flesh into a bowl, leaving a thin layer inside the potato skin. Break up the flesh with a fork, then season and mash in the milk and butter until smooth and creamy.
- ☐ Preheat the grill to high.
- ☐ Put the potatoes skin side down in a shallow roasting tin and spoon in the meat mixture. Top with the mash and sprinkle with the cheese. Grill until the cheese has melted and the filling is hot.
- ☐ Serve with steamed green vegetables.

## Nutrition Facts



## Properties

Glycemic Index:56.69, Glycemic Load:30.99, Inflammation Score:-6, Nutrition Score:22.106086751689%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.75mg,

Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 570.07kcal (28.5%), Fat: 31.4g (48.31%), Saturated Fat: 13.89g (86.84%), Carbohydrates: 43.58g (14.53%), Net Carbohydrates: 40.27g (14.64%), Sugar: 3.72g (4.13%), Cholesterol: 104.11mg (34.7%), Sodium: 403.03mg (17.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.74g (57.48%), Vitamin B6: 1.19mg (59.35%), Vitamin B12: 2.57µg (42.82%), Potassium: 1433.42mg (40.95%), Zinc: 5.99mg (39.94%), Phosphorus: 391.65mg (39.16%), Vitamin B3: 7.72mg (38.6%), Selenium: 22.44µg (32.06%), Iron: 4.58mg (25.47%), Vitamin B2: 0.38mg (22.39%), Magnesium: 81.31mg (20.33%), Manganese: 0.39mg (19.46%), Vitamin C: 15.15mg (18.37%), Vitamin B1: 0.27mg (17.96%), Copper: 0.36mg (17.94%), Calcium: 159.54mg (15.95%), Vitamin B5: 1.33mg (13.29%), Fiber: 3.31g (13.25%), Folate: 47.92µg (11.98%), Vitamin K: 6.9µg (6.57%), Vitamin A: 288.96IU (5.78%), Vitamin E: 0.79mg (5.3%), Vitamin D: 0.23µg (1.52%)