



Shepherd's Pie Peppers



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup beef broth fat-free
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup milk fat-free
- ☐ 1 pound bell peppers green
- ☐ 0.3 cup onion chopped
- ☐ 1 Dash paprika
- ☐ 2 teaspoons parmesan cheese grated

- ☐ 0.7 cup peas-carrots mix shopping list frozen
- ☐ 1 cup potatoes frozen mashed
- ☐ 0.1 teaspoon salt
- ☐ 6 ounces rump steak boneless lean cut into 3/4-inch cubes
- ☐ 2 tablespoons tomato paste
- ☐ 1 tablespoon water
- ☐ 1 teaspoon worcestershire sauce

Equipment

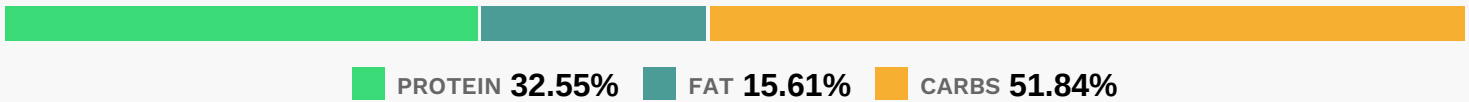
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 40
- ☐ Cut tops off bell peppers; discard tops, seeds, and membranes. Cook peppers in boiling water 5 minutes; drain and set aside.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add lamb; cook 6 minutes or until browned, stirring frequently.
- ☐ Drain and pat dry with paper towels. Wipe drippings from skillet with a paper towel.
- ☐ Return lamb to pan; add broth and the next 6 ingredients (broth through salt). Bring to a boil; cover, reduce heat, and simmer for 10 minutes.
- ☐ Combine cornstarch and water, stirring well with a whisk.
- ☐ Add to lamb mixture; bring to a boil. Cook 1 minute, stirring constantly. Divide the lamb mixture evenly between peppers.

- ☐
- Place stuffed peppers in an 8-inch square baking dish, and set aside.
- ☐
- Combine the potatoes and milk in a microwave-safe bowl, stirring well. Microwave at HIGH 2 minutes, stirring after 1 minute.
- ☐
- Let stand for 2 minutes. Spoon warm potato mixture evenly over tops of stuffed peppers, and lightly coat the potato mixture with cooking spray.
- ☐
- Combine the cheese and paprika; sprinkle over potato mixture.
- ☐
- Bake at 400 for 20 minutes or until potatoes are golden.

Nutrition Facts



Properties

Glycemic Index:123, Glycemic Load:16.74, Inflammation Score:-10, Nutrition Score:34.83826100308%

Flavonoids

Luteolin: 10.69mg, Luteolin: 10.69mg, Luteolin: 10.69mg, Luteolin: 10.69mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 355.74kcal (17.79%), Fat: 6.37g (9.81%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 47.64g (15.88%), Net Carbohydrates: 38.66g (14.06%), Sugar: 12.74g (14.16%), Cholesterol: 58.01mg (19.34%), Sodium: 857.24mg (37.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.91g (59.81%), Vitamin C: 214.12mg (259.54%), Vitamin A: 5713.66IU (114.27%), Vitamin B6: 1.49mg (74.65%), Vitamin B3: 10.49mg (52.47%), Potassium: 1610.09mg (46%), Phosphorus: 439.93mg (43.99%), Selenium: 27.27µg (38.95%), Fiber: 8.98g (35.91%), Manganese: 0.69mg (34.59%), Zinc: 5.01mg (33.42%), Vitamin B1: 0.42mg (27.71%), Vitamin B12: 1.5µg (24.95%), Iron: 4.41mg (24.48%), Magnesium: 96.16mg (24.04%), Copper: 0.45mg (22.58%), Vitamin B2: 0.38mg (22.28%), Calcium: 218.24mg (21.82%), Vitamin K: 22.38µg (21.31%), Folate: 77.95µg (19.49%), Vitamin B5: 1.5mg (14.96%), Vitamin E: 1.87mg (12.46%), Vitamin D: 0.78µg (5.22%)