



Shepherd's pie potatoes



Gluten Free



Popular

READY IN



60 min.

SERVINGS



1

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp butter
- ☐ 0.5 onion chopped
- ☐ 140 g ground beef lean minced
- ☐ 250 ml beef stock
- ☐ 1 tsp worcestershire sauce
- ☐ 1 tbsp tomato purée
- ☐ 1 large potatoes
- ☐ 1 small handful cheddar cheese grated

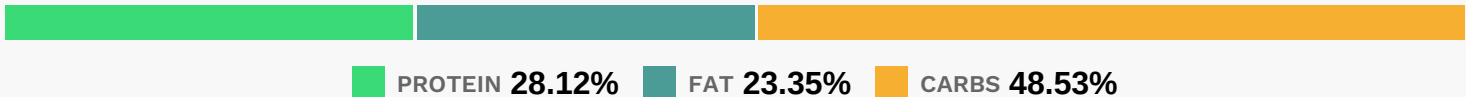
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Melt half the butter in a non-stick pan. Cook the onion for 3-4 mins, then increase the heat and add the mince. Fry for a further 3-4 mins until the beef has browned. Stir in the stock, Worcestershire sauce, tomato pure and some seasoning. Gently bubble for 15-20 mins until the mince is tender and the sauce has thickened.
- ☐ To assemble, cut the jacket potato in half lengthways and scoop the flesh into a small bowl, leaving the skin intact. Mash the potato with the remaining butter and season well. Divide the mince between the potato skins, then cover with the mash.
- ☐ Transfer the potatoes to a baking dish, sprinkle with cheese, then bake for 15-20 mins until golden.
- ☐ Serve with your favourite veg.

Nutrition Facts



Properties

Glycemic Index:187.75, Glycemic Load:48.33, Inflammation Score:-8, Nutrition Score:38.290000117343%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.41mg, Quercetin: 14.41mg, Quercetin: 14.41mg, Quercetin: 14.41mg

Nutrients (% of daily need)

Calories: 617.38kcal (30.87%), Fat: 16.1g (24.77%), Saturated Fat: 8.69g (54.34%), Carbohydrates: 75.26g (25.09%), Net Carbohydrates: 65.91g (23.97%), Sugar: 7.96g (8.85%), Cholesterol: 109.3mg (36.43%), Sodium: 772.2mg (33.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.61g (87.22%), Vitamin C: 79.24mg (96.05%), Vitamin B6: 1.86mg (93.2%), Potassium: 2708.77mg (77.39%), Vitamin B3: 14.14mg (70.69%), Phosphorus: 599.08mg (59.91%), Zinc: 8.84mg (58.9%), Vitamin B12: 3.16µg (52.73%), Iron: 7.62mg (42.32%), Selenium: 29.31µg (41.87%), Fiber: 9.36g (37.43%), Vitamin B2: 0.62mg (36.32%), Magnesium: 143.85mg (35.96%), Copper: 0.71mg (35.64%), Manganese: 0.68mg (33.83%), Vitamin B1: 0.47mg (31.37%), Vitamin B5: 2.14mg (21.44%), Folate: 84.31µg (21.08%), Calcium: 108.59mg (10.86%), Vitamin K: 9.23µg (8.79%), Vitamin A: 354.74IU (7.09%), Vitamin E: 1.02mg (6.83%)