



WHATSheATE



Shepherd's Pie Skillet

 Popular

READY IN



30 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 serving beef pasta skillet meal hot for on hamburger helper box
- ☐ 1 box hawaiian rolls
- ☐ 1.5 cups savory vegetable mixed frozen thawed
- ☐ 1 serving potatoes mashed for 6 servings
- ☐ 1 serving potatoes mashed for on potatoes box for 6 servings
- ☐ 1 oz cheddar cheese shredded
- ☐ 1 serving parsley fresh chopped

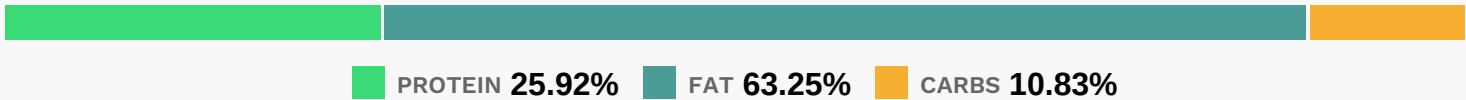
Equipment

☐ frying pan

Directions

- ☐ In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until brown; drain. Stir in hot water, milk, sauce mix and uncooked pasta (from Hamburger Helper box) and thawed vegetables.
- ☐ Heat to boiling, stirring occasionally.
- ☐ Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta and vegetables are tender.
- ☐ Remove from heat.
- ☐ Meanwhile, make potatoes as directed on box for 6 servings. Spoon and gently spread mashed potatoes over pasta mixture.
- ☐ Sprinkle with cheese. Cover; let stand about 5 minutes or until cheese is melted.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:55.58, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:11.602608626303%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 241.95kcal (12.1%), Fat: 16.98g (26.12%), Saturated Fat: 6.75g (42.22%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 4.69g (1.7%), Sugar: 0.05g (0.05%), Cholesterol: 58.4mg (19.47%), Sodium: 108.37mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.65g (31.31%), Vitamin A: 2414IU (48.28%), Vitamin B12: 1.67µg (27.8%), Zinc: 3.55mg (23.65%), Vitamin B3: 3.8mg (18.98%), Selenium: 12.91µg (18.44%), Phosphorus: 168.68mg (16.87%), Vitamin B6: 0.29mg (14.64%), Vitamin K: 12.42µg (11.83%), Iron: 1.96mg (10.89%), Vitamin B2: 0.17mg

(10.19%), Potassium: 309.83mg (8.85%), Fiber: 1.86g (7.43%), Vitamin C: 5.69mg (6.89%), Magnesium: 25.5mg (6.37%), Vitamin B1: 0.09mg (6.15%), Manganese: 0.12mg (6.08%), Calcium: 59.59mg (5.96%), Folate: 20.7µg (5.18%), Vitamin B5: 0.48mg (4.77%), Copper: 0.09mg (4.58%), Vitamin E: 0.35mg (2.34%)