



WHATSheATE



Shepherd's Pie with Parsnip Topping

READY IN



45 min.

SERVINGS



6

CALORIES



486 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons flour
- ☐ 4 cups red wine with glazed root vegetables
- ☐ 1 tablespoon butter room temperature
- ☐ 3 ounces gruyere cheese shredded divided
- ☐ 0.3 cup heavy whipping cream room temperature
- ☐ 3 tablespoons madeira wine
- ☐ 1 pound parsnips peeled quartered
- ☐ 0.8 pound baking potatoes peeled cut into 1-inch cubes
- ☐ 1 cup shallots sliced (4 large)

- ☐ 1.3 cups red wine with glazed root vegetables
- ☐ 1.5 cups red wine with glazed root vegetables

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Melt butter in large skillet over medium heat.
- ☐ Add shallots; sauté until beginning to brown, about 6 minutes.
- ☐ Add flour; stir 1 minute.
- ☐ Add Madeira, then braising liquid.
- ☐ Whisk until mixture thickens and boils, about 3 minutes. Stir in beef and vegetables. Season with salt and pepper. Keep warm. DO AHEAD Can be made 1 day ahead. Cool slightly. Cover; chill. Rewarm over medium heat.
- ☐ Preheat oven to 375°F. Boil parsnips and potatoes in medium saucepan of salted water until tender, 12 minutes.
- ☐ Drain. Return to saucepan. Cook over medium heat until dry, about 1 minute.
- ☐ Add butter and cream; mash until smooth. Stir in 1/3 cup cheese. Season with salt and pepper.
- ☐ Transfer filling to 8x8x2-inch baking dish.
- ☐ Spread topping over filling.
- ☐ Sprinkle remaining cheese over.
- ☐ Bake until bubbling and top begins to brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:17.29, Inflammation Score:-9, Nutrition Score:16.434347842051%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Petunidin: 5.41mg, Petunidin: 5.41mg, Petunidin: 5.41mg, Petunidin: 5.41mg Delphinidin: 5.49mg, Delphinidin: 5.49mg, Delphinidin: 5.49mg, Delphinidin: 5.49mg Malvidin: 37.83mg, Malvidin: 37.83mg, Malvidin: 37.83mg, Malvidin: 37.83mg Peonidin: 3.42mg, Peonidin: 3.42mg, Peonidin: 3.42mg, Peonidin: 3.42mg Catechin: 19.57mg, Catechin: 19.57mg, Catechin: 19.57mg, Catechin: 19.57mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 10.4mg, Epicatechin: 10.4mg, Epicatechin: 10.4mg, Epicatechin: 10.4mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 4.87mg, Naringenin: 4.87mg, Naringenin: 4.87mg, Naringenin: 4.87mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg

Nutrients (% of daily need)

Calories: 486.45kcal (24.32%), Fat: 10.39g (15.98%), Saturated Fat: 6.22g (38.89%), Carbohydrates: 40.04g (13.35%), Net Carbohydrates: 34.27g (12.46%), Sugar: 9.2g (10.22%), Cholesterol: 31.81mg (10.6%), Sodium: 145.37mg (6.32%), Alcohol: 29.75g (100%), Alcohol %: 7.83% (100%), Protein: 8.09g (16.17%), Manganese: 1.02mg (50.83%), Potassium: 1028.23mg (29.38%), Vitamin B6: 0.58mg (28.77%), Phosphorus: 267.5mg (26.75%), Vitamin C: 19.3mg (23.39%), Fiber: 5.77g (23.08%), Calcium: 222.36mg (22.24%), Magnesium: 83.19mg (20.8%), Folate: 81.26µg (20.32%), Vitamin K: 20.34µg (19.37%), Iron: 2.83mg (15.75%), Vitamin B2: 0.22mg (13.03%), Vitamin B1: 0.18mg (12.16%), Zinc: 1.76mg (11.71%), Copper: 0.22mg (11.17%), Vitamin B3: 1.99mg (9.93%), Vitamin B5: 0.94mg (9.42%), Vitamin E: 1.33mg (8.9%), Selenium: 5.84µg (8.34%), Vitamin A: 346.07IU (6.92%), Vitamin B12: 0.25µg (4.11%), Vitamin D: 0.24µg (1.62%)