



Shepherd's Pie with Savory Pot Roast

READY IN



45 min.

SERVINGS



2

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups baking potato cubed peeled
- 1.3 cups beef broth low-sodium undiluted canned
- 0.5 cup carrots sliced
- 0.5 cup celery sliced
- 1 tablespoon flour
- 1.5 teaspoons chives fresh divided chopped
- 0.5 cup green beans fresh sliced
- 1 tablespoon nonfat cream alternative sour
- 0.3 cup onion sliced

- 0.3 teaspoon pepper
- 1.5 cups savory pot roast cubed
- 0.1 teaspoon salt
- 0.5 ounce sharp cheddar cheese shredded reduced-fat
- 3 tablespoons skim milk
- 2 teaspoons no-salt-added tomato paste
- 0.5 cup turnips cubed
- 0.5 teaspoon vegetable oil
- 0.5 teaspoon worcestershire sauce low-sodium

Equipment

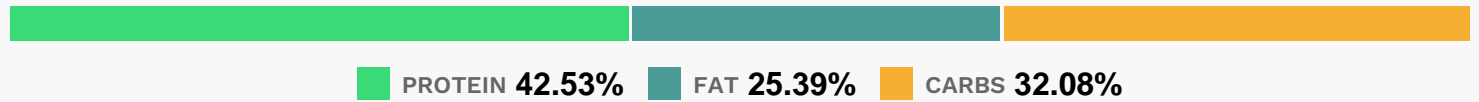
- frying pan
- sauce pan
- oven
- pot
- hand mixer

Directions

- Place first 4 ingredients in a saucepan; bring to a boil, reduce heat, and cook 4 minutes.
- Add green beans; cook 5 minutes. Coat a nonstick skillet with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add onion; saute 5 minutes.
- Sprinkle flour over onion; stir.
- Add broth mixture to onion; stir.
- Add Worcestershire sauce, tomato paste, and pepper; cook over medium heat until thickened, stirring frequently.
- Add Savory Pot Roast; cook 2 minutes.
- Cook potato in boiling water to cover 10 minutes or until tender.
- Drain; mash.

- Add milk; beat at medium speed of an electric mixer until smooth. Stir in sour cream, salt, and 1 teaspoon chives. Spoon beef mixture into 2 (1 1/2-cup) casseroles coated with cooking spray.
- Spread potato topping over beef mixture; crisscross with tines of fork.
- Bake, uncovered, at 350 for 20 minutes.
- Sprinkle with cheese and remaining chives; bake 5 minutes.

Nutrition Facts



Properties

Glycemic Index:283.42, Glycemic Load:22.09, Inflammation Score:-10, Nutrition Score:36.710869333018%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 458.7kcal (22.94%), Fat: 12.91g (19.87%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 36.7g (12.23%), Net Carbohydrates: 31.85g (11.58%), Sugar: 7.62g (8.47%), Cholesterol: 123.64mg (41.21%), Sodium: 754.86mg (32.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.67g (97.34%), Vitamin A: 5909.48IU (118.19%), Vitamin B6: 1.45mg (72.31%), Zinc: 10.81mg (72.09%), Selenium: 48.94µg (69.91%), Vitamin B12: 3.97µg (66.13%), Vitamin B3: 11.64mg (58.19%), Phosphorus: 533.81mg (53.38%), Potassium: 1808.78mg (51.68%), Iron: 5.6mg (31.12%), Vitamin K: 32.67µg (31.11%), Vitamin B2: 0.51mg (30.15%), Vitamin C: 22.69mg (27.5%), Manganese: 0.48mg (24.19%), Magnesium: 95.25mg (23.81%), Vitamin B1: 0.35mg (23.47%), Folate: 82.87µg (20.72%), Copper: 0.39mg (19.68%), Fiber: 4.86g (19.44%), Vitamin B5: 1.94mg (19.41%), Calcium: 179.95mg (17.99%), Vitamin E: 1.34mg (8.95%), Vitamin D: 0.47µg (3.12%)