



Short-Cut Shepherds Pie

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 2 tablespoons flour all-purpose
- 0.5 teaspoon herbs de provence dried
- 1.5 cups peas green frozen
- 6 servings bell pepper
- 4 small potatoes shredded
- 2 cups pan drippings from roast beef preferably cooked chopped
- 6 servings salt

0.3 cup tomato paste

Equipment

bowl

oven

whisk

baking pan

glass baking pan

Directions

Preheat oven to 350 degrees F (180 degrees F). Butter an 8-inch (20 cm) casserole or glass baking dish.

In a bowl, combine beef, peas, 1/4 cup (50 ml) of the cream, tomato paste, herbes de Provence and 1/4 tsp (1 ml) each, salt pepper.

Spread into prepared baking dish.

In another bowl, using a fork, whisk remaining 1/2 cup (125 ml) cream with egg, flour and 1/4 tsp (1 ml) each, salt and pepper.

Add potatoes and toss to evenly coat.

Spread evenly over beef mixture.

Cover and bake for about 1 hr or until filling is bubbling and potatoes are tender. Uncover and bake for about 15 min or until top is golden.

Nutrition Facts



PROTEIN 35.68% **FAT 13.54%** **CARBS 50.78%**

Properties

Glycemic Index:46.68, Glycemic Load:18.94, Inflammation Score:-10, Nutrition Score:26.386521733325%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 259.4kcal (12.97%), Fat: 4.01g (6.17%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 33.83g (11.28%), Net Carbohydrates: 27.16g (9.88%), Sugar: 7.43g (8.26%), Cholesterol: 72.23mg (24.08%), Sodium: 1489.02mg (64.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.77g (47.53%), Vitamin C: 170.11mg (206.19%), Vitamin A: 2821.42IU (56.43%), Vitamin B6: 0.97mg (48.27%), Vitamin B3: 9.03mg (45.17%), Potassium: 1067.8mg (30.51%), Phosphorus: 301.77mg (30.18%), Fiber: 6.67g (26.68%), Zinc: 4mg (26.65%), Calcium: 258.8mg (25.88%), Manganese: 0.48mg (23.98%), Vitamin B12: 1.41µg (23.43%), Folate: 92.7µg (23.18%), Iron: 4.07mg (22.6%), Vitamin B1: 0.29mg (19.49%), Vitamin B2: 0.31mg (18.08%), Magnesium: 69.73mg (17.43%), Vitamin K: 17.5µg (16.66%), Copper: 0.3mg (15.18%), Selenium: 10.03µg (14.33%), Vitamin E: 1.79mg (11.93%), Vitamin B5: 0.98mg (9.85%)