



Shortcut Greek Shepherd's Pie

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce feta cheese crumbled
- 2 garlic cloves minced
- 1.5 pounds ground beef lean
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 1 medium onion chopped
- 25 ounce pasta sauce with roasted red peppers
- 20 ounce potatoes frozen mashed

- 3 teaspoons greek seasoning divided
- 2 medium zucchini thinly sliced

Equipment

- frying pan
- oven
- baking pan

Directions

- Cook ground beef in a large nonstick skillet, stirring until beef crumbles and is no longer pink; drain.
- Cook zucchini, onion, and garlic in skillet, stirring occasionally, 6 to 7 minutes or until vegetables are tender.
- Add ground beef; stir in pasta sauce and 2 1/2 teaspoons Greek seasoning. Cook over low heat 3 to 5 minutes or until thoroughly heated.
- Pour beef mixture into a lightly greased 3-quart round baking dish.
- Prepare frozen mashed potatoes according to package directions. Stir together mashed potatoes, remaining 1/2 teaspoon Greek seasoning, crumbled feta cheese, lemon rind, and lemon juice. Spoon potato mixture evenly over beef mixture; smooth with back of spoon to cover beef mixture completely.
- Bake at 400 for 25 minutes or until potatoes are lightly browned.
- Note: For testing purposes only, we used Emeril's Roasted Red Pepper pasta sauce.

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:9.75, Inflammation Score:-7, Nutrition Score:22.210869517015%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin:

0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin:
0.69mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin:
3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 244.92kcal (12.25%), Fat: 7.89g (12.14%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 20.87g (6.96%),
Net Carbohydrates: 16.7g (6.07%), Sugar: 2.5g (2.77%), Cholesterol: 65.35mg (21.78%), Sodium: 1439.89mg (62.6%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.66%), Vitamin C: 66.11mg (80.13%), Vitamin B6:
0.89mg (44.32%), Vitamin B12: 2.14µg (35.74%), Zinc: 5.34mg (35.61%), Vitamin B3: 6.38mg (31.89%), Phosphorus:
300.94mg (30.09%), Potassium: 907.17mg (25.92%), Selenium: 17.76µg (25.37%), Iron: 4.28mg (23.8%),
Manganese: 0.47mg (23.61%), Vitamin B2: 0.37mg (21.56%), Fiber: 4.17g (16.67%), Calcium: 164.52mg (16.45%),
Magnesium: 62.95mg (15.74%), Copper: 0.31mg (15.37%), Vitamin K: 15.52µg (14.78%), Folate: 53.47µg (13.37%),
Vitamin A: 651.87IU (13.04%), Vitamin B1: 0.17mg (11.28%), Vitamin B5: 1.07mg (10.68%), Vitamin E: 0.67mg (4.49%)