



Simple Shepherd's Pie

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.8 ounce regular corn cream-style canned
- ☐ 11 ounce kernel corn whole green canned drained giant niblets® (such as)
- ☐ 1.3 pounds ground beef
- ☐ 15 servings salt and ground pepper black to taste
- ☐ 0.5 cup butter divided
- ☐ 0.3 cup milk or as needed
- ☐ 2 onions minced
- ☐ 5 potatoes cubed peeled

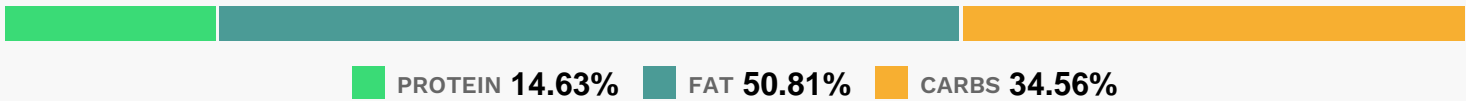
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes; drain.
- ☐ Mash potatoes with 2 tablespoons margarine; stir in milk. Season with salt and pepper.
- ☐ Heat 2 tablespoons margarine in a large skillet over medium heat; stir in onions and saute until onions are translucent, about 5 minutes.
- ☐ Spread onions evenly over bottom of a 9x13-inch baking dish.
- ☐ Cook and stir ground beef in same skillet over medium heat until no longer pink, breaking up large pieces, about 5 minutes.
- ☐ Layer beef into baking dish evenly over onion layer.
- ☐ Wipe out skillet; place corn and creamed corn in skillet over medium heat and cook and stir until bubbly, about 5 minutes.
- ☐ Pour corn mixture over beef in baking dish.
- ☐ Spread mashed potatoes over corn mixture; dot with remaining 4 tablespoons margarine.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake in the preheated oven until casserole is bubbly and lightly browned at edges and margarine is melted, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:12.05, Glycemic Load:9.49, Inflammation Score:-4, Nutrition Score:8.6082608647968%

Flavonoids

Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 249.91kcal (12.5%), Fat: 14.32g (22.03%), Saturated Fat: 4.35g (27.22%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 19.74g (7.18%), Sugar: 2.34g (2.6%), Cholesterol: 27.49mg (9.16%), Sodium: 210.25mg (9.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.56%), Vitamin C: 16.58mg (20.1%), Vitamin B6: 0.37mg (18.55%), Potassium: 496.49mg (14.19%), Vitamin B12: 0.85µg (14.1%), Vitamin B3: 2.8mg (14.01%), Zinc: 2.04mg (13.6%), Phosphorus: 134.56mg (13.46%), Selenium: 6.18µg (8.82%), Manganese: 0.17mg (8.74%), Folate: 34.9µg (8.73%), Fiber: 2.17g (8.68%), Iron: 1.48mg (8.22%), Magnesium: 32.3mg (8.07%), Vitamin B2: 0.11mg (6.53%), Copper: 0.13mg (6.39%), Vitamin B1: 0.09mg (6.23%), Vitamin A: 302.33IU (6.05%), Vitamin B5: 0.5mg (4.96%), Calcium: 29.33mg (2.93%), Vitamin E: 0.42mg (2.82%), Vitamin K: 2.27µg (2.16%)