



Sloppy Joe Shepherd's Pie

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups savory vegetable mixed frozen
- 15.5 oz sauce canned
- 1 lb ground beef lean
- 2 tablespoons butter
- 0.5 cup milk
- 0.5 cup onion chopped (1 medium)
- 4 servings paprika
- 1 pouch roasted garlic mashed (from 7.2-oz. pkg.)

1.3 cups water hot

Equipment

frying pan

oven

glass baking pan

Directions

Heat oven to 350F. In large nonstick skillet, cook ground beef and onion over medium-high heat for 5 to 7 minutes or until beef is thoroughly cooked, stirring frequently.

Drain.

Add mixed vegetables and sandwich sauce; mix well. Bring to a boil. Reduce heat; simmer 5 minutes or until vegetables are tender, stirring occasionally. Spoon into ungreased 8-inch square (2-quart) glass baking dish.

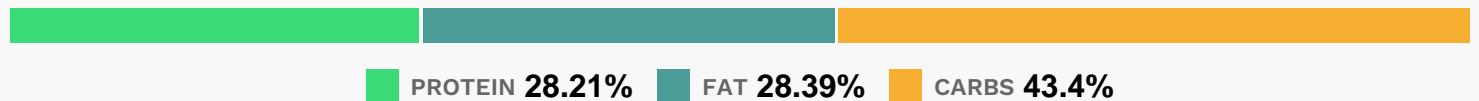
Meanwhile, cook mashed potatoes as directed on package, using hot water, milk and margarine.

Let stand 5 minutes. Spoon or pipe potatoes around edges of hot beef mixture.

Sprinkle paprika over potatoes.

Bake at 350F. for 25 to 30 minutes or until bubbly and thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:3.94, Inflammation Score:-10, Nutrition Score:20.768695551416%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 415.7kcal (20.79%), Fat: 13.02g (20.04%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 44.79g (14.93%), Net Carbohydrates: 41.02g (14.92%), Sugar: 27.9g (31%), Cholesterol: 73.97mg (24.66%), Sodium: 1508.67mg (65.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.12g (58.24%), Vitamin A: 4751.04IU (95.02%), Vitamin B12: 2.71µg (45.2%), Zinc: 6.34mg (42.23%), Vitamin B3: 7.34mg (36.72%), Phosphorus: 309.67mg (30.97%), Vitamin B6: 0.6mg (29.96%), Selenium: 20.85µg (29.78%), Iron: 3.82mg (21.2%), Potassium: 661.54mg (18.9%), Vitamin B2: 0.32mg (18.56%), Fiber: 3.77g (15.09%), Magnesium: 51.56mg (12.89%), Manganese: 0.24mg (12.04%), Vitamin B1: 0.16mg (10.92%), Vitamin C: 8.69mg (10.53%), Vitamin B5: 1.04mg (10.35%), Copper: 0.19mg (9.29%), Calcium: 78.73mg (7.87%), Folate: 30.32µg (7.58%), Vitamin E: 1.14mg (7.57%), Vitamin D: 0.45µg (2.99%), Vitamin K: 2.12µg (2.02%)