



Sloppy Joe Shepherd's Pie

READY IN



55 min.

SERVINGS



4

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef lean
- 0.5 cup onion chopped (1 medium)
- 1.5 cups savory vegetable mixed frozen
- 15.5 oz sandwich rolls canned
- 1 pouch roasted garlic mashed (from 7.2-oz. pkg.)
- 1.3 cups water hot
- 0.5 cup milk
- 2 tablespoons butter
- 1 serving paprika

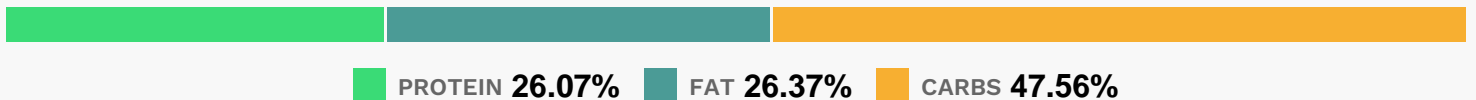
Equipment

- frying pan
- oven
- glass baking pan

Directions

- Heat oven to 350°F. 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 350°F. for 25 to 30 minutes or until bubbly and thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:31.606956326443%

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: 599.32kcal (29.97%), Fat: 17.45g (26.84%), Saturated Fat: 5.04g (31.5%), Carbohydrates: 70.79g (23.6%), Net Carbohydrates: 65.01g (23.64%), Sugar: 4.31g (4.79%), Cholesterol: 73.97mg (24.66%), Sodium: 787.01mg

(34.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.8g (77.59%), Selenium: 63.7µg (91.01%), Vitamin A: 4012.23IU (80.24%), Vitamin B3: 11.85mg (59.26%), Zinc: 7.3mg (48.68%), Vitamin B1: 0.68mg (45.6%), Vitamin B12: 2.71µg (45.2%), Phosphorus: 414.82mg (41.48%), Iron: 7.1mg (39.46%), Vitamin B2: 0.67mg (39.19%), Manganese: 0.72mg (36.12%), Folate: 133.95µg (33.49%), Vitamin B6: 0.61mg (30.28%), Fiber: 5.78g (23.11%), Potassium: 745.98mg (21.31%), Magnesium: 78.55mg (19.64%), Calcium: 179.66mg (17.97%), Copper: 0.35mg (17.7%), Vitamin B5: 1.45mg (14.48%), Vitamin C: 8.67mg (10.51%), Vitamin E: 1.16mg (7.74%), Vitamin D: 0.45µg (2.99%), Vitamin K: 1.58µg (1.5%)