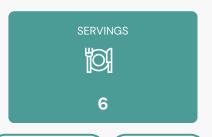


# **Slow-Cooker Shepherd's Pie**

**Gluten Free** 







LUNCH

MAIN COURSE

MAIN DISH

DINNER

### **Ingredients**

I tablespoon cornstarch
1 teaspoon thyme leaves dried
1 cup vegetables mixed frozen
2 cloves garlic minced
1 pound ground beef lean
0.3 cup milk
1 tablespoon olive oil

1 medium onion diced

	6 servings salt and pepper
	1 tablespoon tomato paste
	2 tablespoons butter unsalted
	1 teaspoon worcestershire sauce
	2 lb yukon gold potatoes
Εq	uipment
	frying pan
	whisk
	microwave
	slow cooker
Directions	
	Prick potatoes all over with a fork. Microwave potatoes on high, turning once, until tender, about 15 minutes.
	Remove from microwave, let cool slightly, then peel and mash with milk and butter. Season with salt and pepper.
	In a skillet over medium heat, warm olive oil.
	Add onion and cook, stirring, until translucent, 3 minutes.
	Add garlic and cook 30 seconds longer.
	Add beef, increase heat to medium-high and cook, breaking up chunks, until meat is cooked through and beginning to brown, 8 minutes. Stir in tomato paste, Worcestershire, thyme and 1/2 tsp. each salt and pepper. In a small cup, whisk cornstarch with 1 cup water.
	Add to skillet and cook, stirring, until liquid thickens slightly.
	Remove from heat; transfer to slow cooker.
	Layer vegetables on top of meat; top with potatoes. Cover, turn slow cooker to low and cook for 3 hours.

## **Nutrition Facts**

#### **Properties**

Glycemic Index:44.79, Glycemic Load:21.52, Inflammation Score:-9, Nutrition Score:19.454347714134%

#### **Flavonoids**

Luteolin: O.01mg, Luteolin: O.01mg, Luteolin: O.01mg, Luteolin: O.01mg Isorhamnetin: O.92mg, Isorhamnetin: O.92mg, Isorhamnetin: O.92mg, Isorhamnetin: O.92mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.002mg, Myricetin: O.02mg, Myricetin: O.02mg, Myricetin: O.02mg, Myricetin: O.02mg, Myricetin: O.02mg, Myricetin: O.02mg, Myricetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

#### Nutrients (% of daily need)

Calories: 318.95kcal (15.95%), Fat: 10.67g (16.42%), Saturated Fat: 4.76g (29.73%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 30.14g (10.96%), Sugar: 3.05g (3.39%), Cholesterol: 58.53mg (19.51%), Sodium: 307.91mg (13.39%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 21.13g (42.27%), Vitamin C: 35.41mg (42.92%), Vitamin B6: 0.82mg (41.05%), Vitamin A: 1730.18IU (34.6%), Vitamin B3: 6.27mg (31.34%), Zinc: 4.56mg (30.37%), Potassium: 1051.15mg (30.03%), Vitamin B12: 1.77μg (29.58%), Phosphorus: 278.74mg (27.87%), Selenium: 14.46μg (20.66%), Iron: 3.68mg (20.46%), Fiber: 5.06g (20.22%), Manganese: 0.38mg (18.82%), Magnesium: 64.15mg (16.04%), Vitamin B1: 0.21mg (14.02%), Copper: 0.27mg (13.74%), Vitamin B2: 0.23mg (13.43%), Vitamin B5: 1.07mg (10.7%), Folate: 41.28μg (10.32%), Vitamin K: 8.13μg (7.75%), Calcium: 61.7mg (6.17%), Vitamin E: 0.81mg (5.4%), Vitamin D: 0.29μg (1.96%)