



Southwestern Shepherd's Pie

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup black beans rinsed
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 cup regular corn cooked
- ☐ 1 tablespoon garlic minced
- ☐ 1 small bell pepper diced green
- ☐ 1 pound ground beef

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon jalapeno green chopped
- ☐ 0.5 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion diced
- ☐ 4 servings salt and pepper to taste
- ☐ 1.5 pounds sweet potatoes and into peeled cut in chunks
- ☐ 1 tablespoon tomato paste
- ☐ 2 cups tomatoes chopped

Equipment

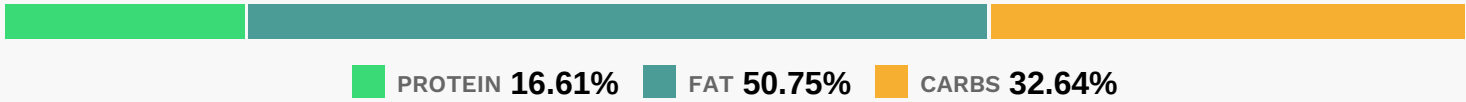
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Heat oil in a large pot over medium heat.
- ☐ Add onion and bell pepper; cook, stirring, for 10 minutes.
- ☐ Add garlic and jalapeño; cook for 2 minutes. Raise heat to medium-high; add beef and brown for 5 minutes.
- ☐ Add tomato paste and spices; cook, stirring, for 2 minutes.
- ☐ Add tomatoes; simmer until liquid reduces, 15 minutes.
- ☐ Add corn, beans, and 4 tablespoons cilantro. Spoon into a 9x9-inch baking dish.
- ☐ Place sweet potatoes in a saucepan with water to cover. Bring to a boil, reduce heat, and simmer for 30 minutes.
- ☐ Drain; mash with butter and milk.
- ☐ Spread mash over the meat mixture.
- ☐ Bake in a 400°F oven until brown, 30 minutes.

- ☐ Garnish with more cilantro.
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:113.88, Glycemic Load:22.28, Inflammation Score:-10, Nutrition Score:32.428695647613%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 655.36kcal (32.77%), Fat: 37.48g (57.66%), Saturated Fat: 14.04g (87.76%), Carbohydrates: 54.23g (18.08%), Net Carbohydrates: 43.9g (15.96%), Sugar: 13.86g (15.39%), Cholesterol: 99.22mg (33.07%), Sodium: 492.03mg (21.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.6g (55.21%), Vitamin A: 25866.7IU (517.33%), Vitamin B6: 1.01mg (50.57%), Vitamin C: 38.54mg (46.71%), Manganese: 0.87mg (43.51%), Vitamin B12: 2.6µg (43.39%), Fiber: 10.33g (41.33%), Zinc: 6.11mg (40.75%), Potassium: 1406.43mg (40.18%), Phosphorus: 382.57mg (38.26%), Vitamin B3: 7.23mg (36.13%), Selenium: 20.08µg (28.68%), Iron: 5.02mg (27.88%), Magnesium: 106.42mg (26.6%), Copper: 0.5mg (24.87%), Vitamin E: 3.7mg (24.7%), Vitamin B5: 2.43mg (24.28%), Vitamin B2: 0.4mg (23.5%), Vitamin K: 23.84µg (22.71%), Vitamin B1: 0.34mg (22.45%), Folate: 84.37µg (21.09%), Calcium: 152.77mg (15.28%), Vitamin D: 0.45µg (2.99%)