



## Squash-tastic Shepherd's Pie

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 cups butternut squash cubed peeled
- 1.5 cups vegetables mixed frozen
- 0.5 teaspoon garlic chopped
- 1 Dash garlic powder
- 0.8 cup gravy fat-free
- 1 pound pd of ground turkey raw lean
- 1 tablespoon buttery spread light
- 0.5 cup onion chopped

- 1 Dash onion powder
- 1 Dash pepper black
- 0.5 teaspoon salt divided

## Equipment

- bowl
- frying pan
- oven
- casserole dish
- stove
- microwave

## Directions

- Preheat the oven to 400 degrees F.
- Place the squash in a large microwave-safe dish with 1/2 cup of water. Cover the bowl and cook the squash in the microwave for 12 to 14 minutes, until the squash is soft.
- Meanwhile, bring a medium skillet sprayed with nonstick spray to medium heat on the stove.
- Add onion and, stirring occasionally, cook until it's slightly browned, 2 to 3 minutes.
- Raise the heat to medium high.
- Add turkey, chopped garlic, 1/4 teaspoon of salt, garlic powder, onion powder, and black pepper to the skillet. Cook and crumble until the turkey is fully cooked, about 12 minutes.
- Drain any excess liquid from the skillet, and transfer the mixture to a casserole dish sprayed with nonstick spray. Evenly top with gravy, followed by frozen mixed veggies. Set aside.
- Drain the excess water from the squash and mash well.
- Add butter and the remaining 1/4 teaspoon of salt and mix thoroughly. Evenly layer the squash mixture over the mixed veggies.
- Bake in the oven until the topping is slightly crispy, 20 to 25 minutes. Enjoy!

## Nutrition Facts



■ PROTEIN 44.67% ■ FAT 15.23% ■ CARBS 40.1%

## Properties

Glycemic Index:34.75, Glycemic Load:3.36, Inflammation Score:-10, Nutrition Score:25.446521769399%

## 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: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

## Nutrients (% of daily need)

Calories: 265.75kcal (13.29%), Fat: 4.74g (7.29%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 22.47g (8.17%), Sugar: 4.31g (4.79%), Cholesterol: 65.91mg (21.97%), Sodium: 609.53mg (26.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.5%), Vitamin A: 16697.04IU (333.94%), Vitamin B3: 13.36mg (66.8%), Vitamin B6: 1.26mg (62.85%), Vitamin C: 34.48mg (41.79%), Selenium: 26.14µg (37.35%), Phosphorus: 345.46mg (34.55%), Potassium: 945.39mg (27.01%), Magnesium: 93.4mg (23.35%), Manganese: 0.46mg (23.01%), Fiber: 5.57g (22.3%), Vitamin B1: 0.29mg (19.15%), Zinc: 2.54mg (16.91%), Folate: 65.93µg (16.48%), Vitamin B5: 1.63mg (16.28%), Vitamin E: 2.4mg (16%), Iron: 2.44mg (13.57%), Vitamin B2: 0.21mg (12.22%), Copper: 0.23mg (11.43%), Vitamin B12: 0.58µg (9.64%), Calcium: 85.92mg (8.59%), Vitamin D: 0.45µg (3.02%), Vitamin K: 3.12µg (2.97%)