



Sweet Potato Shepherd's Pie



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce
- ☐ 0.3 teaspoon pepper black
- ☐ 1 chipotle sauce diced
- ☐ 0.5 cup chives coarsely chopped
- ☐ 1 teaspoon butter light
- ☐ 0.3 teaspoon salt

Equipment

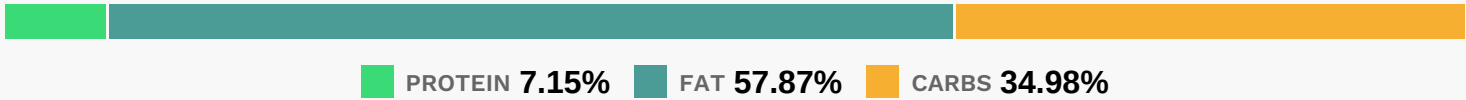
- ☐ bowl

- ☐ oven
- ☐ microwave

Directions

- ☐ Combine all filling ingredients in a bowl; mix well.
- ☐ Spread into a 10" pie plate.
- ☐ Combine all topping ingredients except chives in a bowl.
- ☐ Spread on top of filling. If not serving immediately, cover and freeze. Or bake at 400° until top browns, about 20 minutes.
- ☐ Garnish with chives.
- ☐ Microwave on high for 4 minutes or bake at 400°F for 25 minutes.
- ☐ Garnish with chives.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:2.9713043604532%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 51.83kcal (2.59%), Fat: 3.47g (5.34%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.29g (1.2%), Sugar: 1.82g (2.02%), Cholesterol: 2.61mg (0.87%), Sodium: 1838.61mg (79.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin K: 22.52µg (21.45%), Vitamin A: 498.22IU (9.96%), Vitamin C: 6.33mg (7.68%), Fiber: 1.43g (5.72%), Manganese: 0.07mg (3.5%), Folate: 11.38µg (2.84%), Iron: 0.5mg (2.79%), Calcium: 22.74mg (2.27%), Vitamin E: 0.3mg (2.03%), Magnesium: 6.83mg (1.71%), Potassium: 51.56mg (1.47%), Copper: 0.02mg (1.1%), Phosphorus: 10.45mg (1.05%)