



Sweet potato shepherd's pie

READY IN



105 min.

SERVINGS



6

CALORIES



565 kcal

Ingredients

- ☐ 1 tbsp canola oil
- ☐ 2 onion finely chopped
- ☐ 2 garlic clove chopped
- ☐ 2 carrots diced grated finely
- ☐ 2 tbsp thyme sprigs fresh
- ☐ 400 g ground lamb minced
- ☐ 85 g lentils red
- ☐ 350 g rutabaga diced
- ☐ 2 tbsp flour plain
- ☐ 750 ml beef stock reduced-salt

- ☐ 200 ml red wine
- ☐ 350 g potatoes diced
- ☐ 650 g sweet potatoes and into diced
- ☐ 150 g yogurt plain 0%
- ☐ 6 servings nutmeg generous
- ☐ 6 servings savory vegetable green

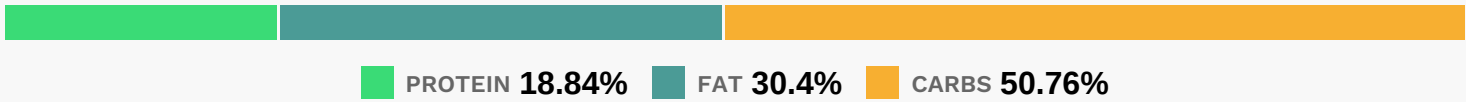
Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ Heat the oil in a large pan, then fry the onions for 6 mins until starting to turn golden.
- ☐ Add the garlic, carrots and thyme, and cook for 4 mins more. Stir in the mince, breaking it up with the spoon. When it has turned brown, add the lentils and swede with the flour. Cook for 1-2 mins, then gradually add the stock and red wine. Cover and simmer for 35-40 mins.
- ☐ Meanwhile, boil all the potatoes for 15-20 mins until tender, then drain and mash with the yogurt, nutmeg and black pepper. Spoon the meat mixture into a 2-litre ovenproof dish, spread or pipe the potato mixture on top, then grill until the topping starts to brown. (If making ahead, reheat in the oven at 180C/160C fan/gas 4 for 45 mins.)
- ☐ Serve with green veg, such as peas and broccoli.

Nutrition Facts



Properties

Glycemic Index:101.86, Glycemic Load:29.51, Inflammation Score:-10, Nutrition Score:29.652608785292%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.67mg, Petunidin: 0.67mg, Petunidin: 0.67mg, Petunidin: 0.67mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Malvidin: 4.68mg, Malvidin: 4.68mg, Malvidin: 4.68mg, Malvidin: 4.68mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 2.36mg, Apigenin: 2.36mg, Apigenin: 2.36mg, Apigenin: 2.36mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 565.47kcal (28.27%), Fat: 18.77g (28.88%), Saturated Fat: 8.08g (50.47%), Carbohydrates: 70.51g (23.5%), Net Carbohydrates: 54.65g (19.87%), Sugar: 13.04g (14.49%), Cholesterol: 51.92mg (17.31%), Sodium: 445.21mg (19.36%), Alcohol: 3.58g (100%), Alcohol %: 0.7% (100%), Protein: 26.17g (52.34%), Vitamin A: 23534.12IU (470.68%), Fiber: 15.86g (63.44%), Vitamin C: 46.91mg (56.86%), Manganese: 1.11mg (55.48%), Potassium: 1579.57mg (45.13%), Vitamin B6: 0.81mg (40.73%), Folate: 150.38µg (37.59%), Vitamin B1: 0.53mg (35.27%), Phosphorus: 332.21mg (33.22%), Iron: 5.49mg (30.53%), Magnesium: 121.52mg (30.38%), Copper: 0.54mg (26.82%), Vitamin B2: 0.42mg (24.94%), Vitamin B3: 4.8mg (24%), Vitamin B5: 1.82mg (18.19%), Calcium: 174.82mg (17.48%), Zinc: 2.36mg (15.71%), Selenium: 6.14µg (8.77%), Vitamin K: 8.77µg (8.35%), Vitamin E: 1.11mg (7.41%), Vitamin B12: 0.09µg (1.54%)