



Sweet Potato-Topped Shepherd's Pie

READY IN



85 min.

SERVINGS



8

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb ground beef 90% (at least)
- 1 cup onion chopped
- 1 cup carrots chopped
- 1 clove garlic finely chopped
- 14 oz beef broth fat-free reduced-sodium canned
- 0.3 cup tomato paste
- 1 tablespoon worcestershire sauce
- 1.3 teaspoons salt
- 0.5 teaspoon thyme leaves dried

- 4.5 teaspoons flour
- 4.5 teaspoons water
- 0.5 cup spinach frozen thawed chopped ()
- 1.5 lb yukon gold potatoes cubed peeled
- 3 cups sweet potatoes and into cubed peeled
- 0.3 cup milk 1% low-fat ()
- 2 tablespoons butter light

Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Heat oven to 375°F. Spray shallow 2-quart casserole with cooking spray. In 12-inch nonstick skillet, cook beef, onion, carrots and garlic over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in broth, tomato paste, Worcestershire sauce, 3/4 teaspoon of the salt and the thyme.
- Heat to boiling; reduce heat. Cover; simmer 10 minutes.
- In small bowl, mix flour and water. Stir into beef mixture. Cook 2 minutes, stirring until thickened. Stir in spinach. In large saucepan, place potatoes and enough water to cover. Simmer 10 to 15 minutes or until tender; drain. In large bowl, beat potatoes, milk, butter and remaining 1/2 teaspoon salt until smooth.
- Spoon beef mixture into casserole. Top with potato mixture.
- Bake uncovered 30 minutes or until potatoes begin to brown.

Nutrition Facts



Properties

Glycemic Index:51.32, Glycemic Load:17.96, Inflammation Score:-10, Nutrition Score:24.327391354934%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 280.58kcal (14.03%), Fat: 6.65g (10.23%), Saturated Fat: 3.28g (20.53%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 27.37g (9.95%), Sugar: 6.12g (6.8%), Cholesterol: 56.93mg (18.98%), Sodium: 753.27mg (32.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.89%), Vitamin A: 11105.33IU (222.11%), Vitamin K: 42.37µg (40.36%), Vitamin B6: 0.79mg (39.29%), Vitamin B3: 6.81mg (34.07%), Vitamin B12: 2µg (33.41%), Zinc: 4.97mg (33.17%), Potassium: 1083.01mg (30.94%), Phosphorus: 284.25mg (28.43%), Vitamin C: 23.3mg (28.24%), Selenium: 17.52µg (25.03%), Manganese: 0.43mg (21.58%), Iron: 3.83mg (21.27%), Fiber: 4.83g (19.32%), Magnesium: 68.61mg (17.15%), Vitamin B2: 0.28mg (16.45%), Copper: 0.3mg (15%), Vitamin B5: 1.34mg (13.39%), Vitamin B1: 0.19mg (12.91%), Folate: 48.83µg (12.21%), Calcium: 79.21mg (7.92%), Vitamin E: 1.18mg (7.87%), Vitamin D: 0.23µg (1.52%)