



Sweet Potato-Turkey Shepherd's Pie

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup green beans fresh frozen thawed cooked (or)
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 10 oz pearl onions frozen
- ☐ 2 lb sweet potatoes and into
- ☐ 3 cups turkey sliced
- ☐ 2 cups campbell's turkey gravy

☐ 1 cup turtle beans fresh frozen thawed cooked (or)

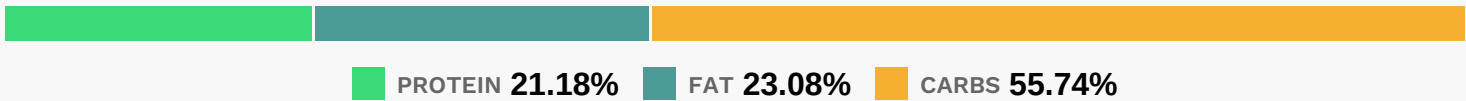
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 400F. Wash sweet potatoes and prick with a knife. Arrange on a baking sheet and bake for 1 to 1 1/4 hours until tender.
- ☐ Cook onions according to package directions.
- ☐ Grease a shallow, 2-quart casserole. Arrange turkey Pick them. Sweet potatoes vary in size and shape. Choose those that are very firm and smooth slices in pan; top with onions and gravy. Spoon beans on top.
- ☐ Scoop sweet potato flesh into a food processor.
- ☐ Add cream, salt and pepper and process until smooth. Spoon onto casserole in an even layer.
- ☐ Heat through for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:25.33, Inflammation Score:-10, Nutrition Score:27.05999994278%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 15.16mg, Quercetin: 15.16mg, Quercetin: 15.16mg, Quercetin: 15.16mg

Nutrients (% of daily need)

Calories: 458.78kcal (22.94%), Fat: 11.94g (18.36%), Saturated Fat: 5.6g (34.97%), Carbohydrates: 64.86g (21.62%), Net Carbohydrates: 55.19g (20.07%), Sugar: 15.86g (17.62%), Cholesterol: 70.48mg (23.49%), Sodium: 1051.43mg (45.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.65g (49.3%), Vitamin A: 32627.84IU (652.56%), Vitamin B6: 1.05mg (52.5%), Fiber: 9.67g (38.68%), Manganese: 0.76mg (38.09%), Vitamin B3: 7.25mg (36.24%), Potassium: 1232.27mg (35.21%), Vitamin C: 26.55mg (32.19%), Phosphorus: 305.33mg (30.53%), Folate: 112.47µg (28.12%), Magnesium: 106.53mg (26.63%), Vitamin B5: 2.61mg (26.08%), Selenium: 18.21µg (26.02%), Copper: 0.49mg (24.57%), Vitamin B2: 0.35mg (20.72%), Vitamin B1: 0.27mg (18.06%), Iron: 3.14mg (17.43%), Zinc: 2.47mg (16.46%), Vitamin K: 16.87µg (16.07%), Vitamin B12: 0.93µg (15.56%), Calcium: 139.88mg (13.99%), Vitamin E: 0.92mg (6.15%), Vitamin D: 0.46µg (3.08%)