



Thankful Shepherd's Pie

READY IN



60 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 cup glazed carrots chopped
- ☐ 0.5 cup corn kernels fresh
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 0.5 cup peas fresh
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 cup gravy warmed for drizzling

- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon oregano fresh chopped
- ☐ 0.3 cup parmesan freshly grated
- ☐ 2 cups potatoes mashed
- ☐ 1 9-inch pie crust refrigerated
- ☐ 3 cups turkey diced
- ☐ 1 cup milk whole at room temperature
- ☐ 1 small onion diced yellow

Equipment

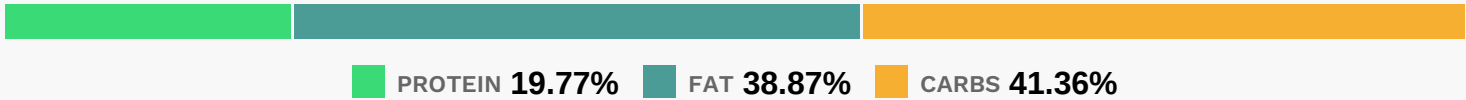
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Place a rack on the top of the oven and preheat to 450 degrees F. Press the dough into a pie plate, prick the bottom of the crust with a fork and flute the edges.
- ☐ Bake the crust until golden, about 10 minutes.
- ☐ Heat the butter in a large saucepan over medium heat. Cook the onions, stirring occasionally until they are softened, about 5 minutes.
- ☐ Add the garlic, 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper, and cook until fragrant, about 1 minute. Stir in 1 cup of the gravy and the milk, and bring to a boil. Reduce the heat and simmer until thickened, about 5 minutes. Stir in the turkey, carrots, corn, peas, parsley, thyme, oregano, and the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper, making sure all of the ingredients are evenly coated with the gravy. Simmer until the mixture is warmed through, about 5 minutes.
- ☐ Pour the mixture into the pie shell. Use a spatula or wooden spoon to spread the mashed potatoes evenly over the mixture, making sure the potato layer meets the edges of the crust. Cover the potatoes with the cheese.

- ☐
- Bake the pie until the top is golden, 25 to 30 minutes.
- ☐
- To serve, cut into slices and drizzle with gravy.

Nutrition Facts



Properties

Glycemic Index:57.61, Glycemic Load:8.41, Inflammation Score:-9, Nutrition Score:13.944347827331%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 289.78kcal (14.49%), Fat: 12.59g (19.37%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 26.94g (9.8%), Sugar: 4.65g (5.16%), Cholesterol: 38.75mg (12.92%), Sodium: 513.91mg (22.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.82%), Vitamin A: 2914.6IU (58.29%), Vitamin B6: 0.48mg (24.01%), Vitamin B3: 4.65mg (23.24%), Vitamin C: 16.83mg (20.4%), Phosphorus: 196.74mg (19.67%), Selenium: 11.22µg (16.02%), Manganese: 0.31mg (15.73%), Potassium: 495.41mg (14.15%), Vitamin B1: 0.2mg (13.45%), Fiber: 3.19g (12.78%), Vitamin B2: 0.21mg (12.51%), Vitamin B12: 0.66µg (11%), Folate: 43.64µg (10.91%), Calcium: 104.57mg (10.46%), Magnesium: 40.39mg (10.1%), Iron: 1.76mg (9.8%), Zinc: 1.37mg (9.11%), Vitamin B5: 0.83mg (8.25%), Vitamin K: 8.61µg (8.2%), Copper: 0.14mg (7.11%), Vitamin D: 0.46µg (3.09%), Vitamin E: 0.37mg (2.44%)