



The Humble Shepherd

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons butter cut into pieces
- 2 ounce chicken gravy mix instant
- 1 pound pd of ground turkey
- 1 cup milk
- 1 medium onion chopped
- 16 ounce peas-carrots mix shopping list frozen thawed
- 1.5 pounds russet potatoes peeled cut into 1 1/2 slices
- 6 servings salt and pepper to taste

- 2 cups cheese shredded
- 1 tablespoon vegetable oil
- 1 cup water

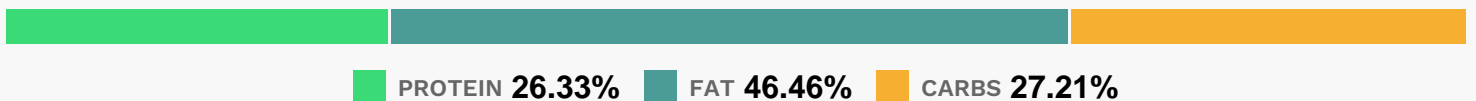
Equipment

- frying pan
- sauce pan
- oven
- baking pan
- hand mixer

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- Cover potatoes with water in a saucepan and boil for 20 to 30 minutes, or until fork-tender.
- Drain and beat until smooth with an electric mixer.
- Add butter, milk, and salt and pepper to taste; beat to desired consistency.
- Heat 1 tablespoon of oil in a large skillet over medium high heat. Cook and stir turkey and onion until turkey is fully cooked.
- Add gravy mix and water; stir often, until gravy is thick and bubbly. Season with salt and pepper.
- Add turkey mixture to the baking dish. Next, layer the peas and carrots, and top with the mashed potatoes. Top with a layer of shredded cheese.
- Bake in the preheated oven for 20 to 25 minutes, or until cheese is melted and the potatoes are golden on the top.

Nutrition Facts



Properties

Glycemic Index:37.79, Glycemic Load:17.44, Inflammation Score:-10, Nutrition Score:25.394347750622%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 484.9kcal (24.24%), Fat: 25.68g (39.51%), Saturated Fat: 13.84g (86.48%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 29.48g (10.72%), Sugar: 3.99g (4.43%), Cholesterol: 106.81mg (35.6%), Sodium: 681.67mg (29.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.75g (65.49%), Vitamin A: 7900.16IU (158%), Vitamin B6: 1.18mg (58.82%), Vitamin B3: 9.69mg (48.44%), Phosphorus: 461.25mg (46.12%), Selenium: 25.42µg (36.31%), Calcium: 284.85mg (28.49%), Potassium: 962.09mg (27.49%), Vitamin B12: 1.48µg (24.67%), Zinc: 3.36mg (22.38%), Vitamin B1: 0.33mg (21.77%), Vitamin B2: 0.35mg (20.56%), Manganese: 0.4mg (19.86%), Vitamin C: 16.29mg (19.74%), Magnesium: 76.47mg (19.12%), Fiber: 4.36g (17.42%), Iron: 2.59mg (14.38%), Vitamin B5: 1.4mg (13.99%), Folate: 55.66µg (13.91%), Copper: 0.25mg (12.3%), Vitamin K: 8.24µg (7.85%), Vitamin D: 0.9µg (5.99%), Vitamin E: 0.67mg (4.46%)