



Turkey Shepherd's Pie

READY IN



45 min.

SERVINGS



10

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4.5 ounce mushrooms sliced canned
- ☐ 1 large carrots shredded
- ☐ 1 teaspoon chicken powder
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 10 servings ground pepper black to taste

- ☐ 1 pound pd of ground turkey
- ☐ 0.3 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 3 large potatoes peeled
- ☐ 10 servings salt to taste

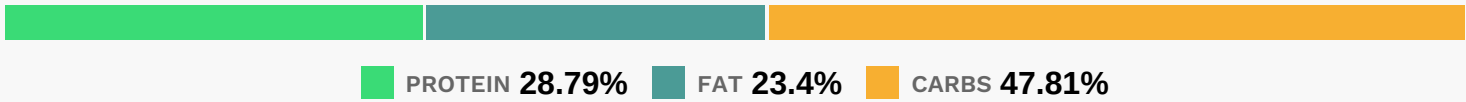
Equipment

- ☐ oven
- ☐ pie form

Directions

- ☐ Boil potatoes until tender.
- ☐ Mash potatoes with butter or margarine and milk. Season with salt and pepper to taste. Set aside.
- ☐ Saute onion in olive oil until soft. Stir in ground turkey, carrot, mushrooms, parsley, thyme, garlic, and chicken bouillon. Salt and pepper to taste. Cook and stir until meat is broken up and cooked through.
- ☐ Drain. Stir in flour.
- ☐ Transfer meat mixture to a deep dish pie pan or casserole.
- ☐ Spread potatoes over meat, and swirl with a fork.
- ☐ Bake at 375 degrees F (190 degrees C) for 30 minutes, or until potatoes are lightly browned.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:15.18, Inflammation Score:-8, Nutrition Score:12.782608659371%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 186.87kcal (9.34%), Fat: 4.96g (7.63%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 19.6g (7.13%), Sugar: 2.31g (2.57%), Cholesterol: 31.73mg (10.58%), Sodium: 351.62mg (15.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.73g (27.46%), Vitamin B6: 0.76mg (37.75%), Vitamin B3: 5.92mg (29.62%), Vitamin C: 23.69mg (28.71%), Vitamin A: 1331.68IU (26.63%), Potassium: 671.66mg (19.19%), Phosphorus: 189.07mg (18.91%), Selenium: 11.45µg (16.35%), Fiber: 3.2g (12.82%), Manganese: 0.23mg (11.7%), Magnesium: 44.06mg (11.02%), Vitamin K: 11.31µg (10.78%), Vitamin B1: 0.15mg (9.88%), Copper: 0.19mg (9.39%), Vitamin B5: 0.9mg (8.99%), Zinc: 1.29mg (8.61%), Iron: 1.48mg (8.2%), Folate: 28.55µg (7.14%), Vitamin B2: 0.11mg (6.34%), Vitamin B12: 0.27µg (4.49%), Calcium: 31.76mg (3.18%), Vitamin E: 0.37mg (2.47%), Vitamin D: 0.27µg (1.83%)