




 **66%**  
HEALTH SCORE

# Turkey Sweet Potato Shepherd's Pie


 Very Healthy

READY IN




**35 min.**

SERVINGS



**4**

CALORIES



**1239 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 banana very ripe
- 4 tablespoons butter divided
- 2 carrots grated peeled
- 4 ribs celery chopped
- 2 cups chicken stock see (recommended: Kitchen Basics brand)
- 2 tablespoons flour
- 2 pounds pd of ground turkey leftover chopped
- 3 dashes hot sauce

- 2 tablespoons olive oil extra-virgin
- 1 onion cut into 1-inch dice
- 10 ounce peas frozen
- 2 teaspoons poultry seasoning
- 4 servings salt and pepper black freshly ground
- 2 cups sharp cheddar shredded yellow
- 2.5 pounds sweet potatoes cubed peeled
- 3 dashes worcestershire sauce

## Equipment

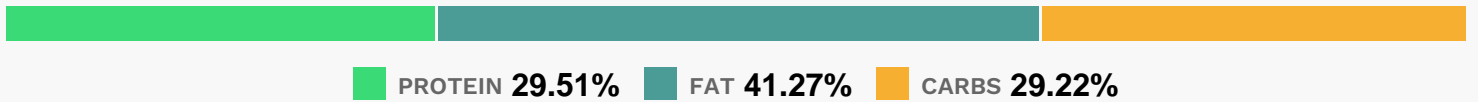
- frying pan
- oven
- whisk
- pot
- wooden spoon
- dutch oven

## Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- In a deep skillet or a Dutch oven heat 2 tablespoons oil over high heat.
- Add meat and break up with a wooden spoon, season with salt and pepper and poultry seasoning.
- Place sweet potatoes in a pot, cover with water, cover pot, bring to a boil, salt and cook 15 minutes until tender.
- Grate onions and carrots into the turkey.
- Add the celery and stir, cook 5 minutes. While vegetables are cooking, heat 2 tablespoons butter in a small pot over medium heat.
- Add flour to melted butter and whisk 1 minute then whisk in stock and season with salt, pepper and Worcestershire. Thicken a few minutes.

- Stir the gravy into the turkey mixture. Stir peas into meat and turn heat off.
- Drain potatoes and return pot to heat.
- Add remaining butter and melt over medium heat. Peel and slice banana and add potatoes to the pot. Season the potatoes with salt and pepper and a few dashes hot sauce. Mash potatoes and banana to combine, adjust seasoning. Top the meat with the potatoes. Cover potatoes with cheese and set in oven.
- Bake to melt cheese, 5 minutes.

## Nutrition Facts



### Properties

Glycemic Index:111.74, Glycemic Load:38.32, Inflammation Score:-10, Nutrition Score:58.528695769932%

### Flavonoids

Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

### Nutrients (% of daily need)

Calories: 1238.76kcal (61.94%), Fat: 56.57g (87.03%), Saturated Fat: 24.5g (153.1%), Carbohydrates: 90.14g (30.05%), Net Carbohydrates: 74.62g (27.14%), Sugar: 24.82g (27.58%), Cholesterol: 337.41mg (112.47%), Sodium: 1090.87mg (47.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.03g (182.06%), Vitamin A: 47091.64IU (941.83%), Vitamin B3: 27.62mg (138.08%), Selenium: 91.31µg (130.44%), Vitamin B6: 2.45mg (122.51%), Phosphorus: 1051.19mg (105.12%), Vitamin B2: 1.35mg (79.46%), Manganese: 1.37mg (68.31%), Zinc: 9.88mg (65.9%), Potassium: 2208.94mg (63.11%), Fiber: 15.51g (62.05%), Calcium: 586.64mg (58.66%), Vitamin C: 43.31mg (52.49%), Magnesium: 204.75mg (51.19%), Vitamin K: 53.71µg (51.15%), Vitamin B5: 5.07mg (50.72%), Vitamin B12: 2.94µg (48.93%), Copper: 0.93mg (46.27%), Vitamin B1: 0.65mg (43.59%), Folate: 155.59µg (38.9%), Iron: 6.51mg (36.17%), Vitamin E: 3.14mg (20.95%), Vitamin D: 1.25µg (8.31%)