

BIG ORANGE BOOZIE



HEALTH SCORE

62%

Turkey Sweet Potato Shepherd's Pie



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 banana very ripe sliced



4 tablespoons butter ()



2 carrots peeled



4 celery stalks from the heart chopped



2 cups chicken stock see



2 tablespoons evoo extra-virgin (olive oil)



2 tablespoons flour all-purpose



2 pounds pd of ground turkey leftover chopped

- ☐ 3 dashes hot sauce
- ☐ 1 onion peeled
- ☐ 10 ounce peas frozen
- ☐ 2 teaspoons poultry seasoning
- ☐ 4 servings salt and pepper
- ☐ 2 cups sharp cheddar cheese shredded yellow
- ☐ 2.5 pounds sweet potatoes cubed peeled
- ☐ 3 dashes worcestershire sauce

Equipment

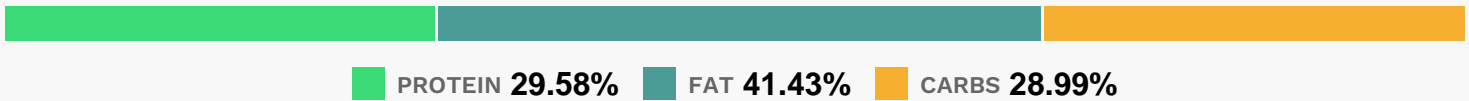
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 425°F.
- ☐ In a deep ovenproof skillet or a Dutch oven, heat the EVOO over high heat.
- ☐ Add the turkey and break it up with a wooden spoon; season with salt and pepper and the poultry seasoning.
- ☐ Place the sweet potatoes in a pot with water to cover. Cover the pot, bring to a boil, then salt the water and cook the potatoes for 15 minutes, or until tender.
- ☐ Grate the onion and carrots directly into the skillet with the turkey.
- ☐ Add the celery, stir, and cook for 5 minutes. While the vegetables are cooking, heat 2 tablespoons of the butter in a small pot over medium heat.
- ☐ Add the flour to the melted butter and whisk for 1 minute, then whisk in the stock and season with salt, pepper, and Worcestershire. Cook for a few minutes, until thickened, then add to the turkey mixture. Stir in the peas into the turkey mixture and turn off the heat.

- ☐ Drain the potatoes and return the hot pot to the heat.
- ☐ Add the remaining 2 tablespoons of butter and melt over medium heat.
- ☐ Add the banana and potatoes to the pot and season with salt, pepper, and hot sauce. Mash the potatoes and banana to combine, and adjust the seasoning.
- ☐ Spoon the potatoes onto the meat, and cover the potatoes with the cheese.
- ☐ Bake uncovered for 5 minutes to melt the cheese.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:103.74, Glycemic Load:38.15, Inflammation Score:-10, Nutrition Score:57.240869895272%

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: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 1233.46kcal (61.67%), Fat: 56.51g (86.93%), Saturated Fat: 24.48g (152.99%), Carbohydrates: 89g (29.67%), Net Carbohydrates: 74.09g (26.94%), Sugar: 24.34g (27.05%), Cholesterol: 337.41mg (112.47%), Sodium: 1255.84mg (54.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 90.77g (181.54%), Vitamin A: 46929.45IU (938.59%), Vitamin B3: 27.5mg (137.5%), Selenium: 91.16µg (130.23%), Vitamin B6: 2.42mg (121.16%), Phosphorus: 1042.39mg (104.24%), Vitamin B2: 1.33mg (78.24%), Manganese: 1.32mg (65.85%), Zinc: 9.84mg (65.58%), Potassium: 2114.05mg (60.4%), Fiber: 14.91g (59.65%), Calcium: 571.92mg (57.19%), Vitamin C: 42.19mg (51.14%), Magnesium: 200.62mg (50.16%), Vitamin B5: 4.98mg (49.82%), Vitamin B12: 2.94µg (48.93%), Copper: 0.91mg (45.58%), Vitamin B1: 0.65mg (43.08%), Vitamin K: 43µg (40.95%), Iron: 6.43mg (35.72%), Folate: 142.62µg (35.65%), Vitamin E: 3.04mg (20.29%), Vitamin D: 1.25µg (8.31%)