

Turkey Sweet Potato Shepherd's Pie and Cran-applesauce Sundaes

 Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



1827 kcal

Ingredients

- 1.5 cups all natural apple sauce
- 1 banana very ripe
- 4 tablespoons butter divided
- 2 carrots grated peeled
- 4 ribs celery chopped
- 2 cups chicken stock see (recommended: Kitchen Basics)
- 2 tablespoons flour all-purpose
- 2 pinches ground cinnamon

- 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
- 2 teaspoons orange zest
- 10 ounce peas frozen
- 0.3 cup pecans toasted chopped
- 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
- 2 pints whipped cream french
- 4 servings whipped cream
- 3 dashes worcestershire sauce

Equipment

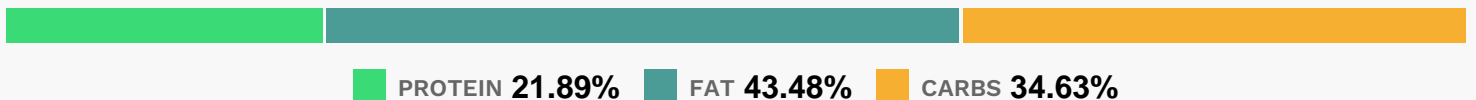
- frying pan
- oven
- whisk
- pot
- wooden spoon
- microwave
- dutch oven

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, add salt and cook 15 minutes until tender.
- Add onions, carrots and celery into the turkey. Stir, and cook for 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.
- Whisk in stock and season with salt, pepper and Worcestershire. Cook a few minutes to thicken.
- Stir peas into meat and turn heat off.
- Drain potatoes and return pot to heat.
- Add remaining 2 tablespoons of 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 place in the oven to melt cheese, about 5 minutes.
- For dessert, warm the apple and cranberry sauces in microwave or in a small pot over low heat and season with cinnamon and orange zest.
- Place a little cran-applesauce in the bottom of a sundae dish, top with 2 scoops ice cream, more sauce and whipped cream, garnish with chopped pecans.

Nutrition Facts



Properties

Glycemic Index:144.49, Glycemic Load:71.81, Inflammation Score:-10, Nutrition Score:67.2991297763333%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg 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: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 1827.3kcal (91.37%), Fat: 88.48g (136.13%), Saturated Fat: 41.78g (261.13%), Carbohydrates: 158.57g (52.86%), Net Carbohydrates: 139.43g (50.7%), Sugar: 84.31g (93.68%), Cholesterol: 446.07mg (148.69%), Sodium: 1282.53mg (55.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 100.26g (200.52%), Vitamin A: 48164.45IU (963.29%), Vitamin B3: 28.06mg (140.3%), Selenium: 96.18µg (137.41%), Phosphorus: 1327.19mg (132.72%), Vitamin B6: 2.61mg (130.32%), Vitamin B2: 1.96mg (115.24%), Calcium: 910.15mg (91.01%), Manganese: 1.77mg (88.7%), Potassium: 2785.92mg (79.6%), Zinc: 11.86mg (79.06%), Fiber: 19.14g (76.56%), Vitamin B5: 6.56mg (65.63%), Vitamin B12: 3.88µg (64.6%), Magnesium: 249.28mg (62.32%), Vitamin C: 47.09mg (57.08%), Vitamin B1: 0.82mg (54.6%), Copper: 1.08mg (54.1%), Vitamin K: 55.37µg (52.73%), Folate: 172.04µg (43.01%), Iron: 7.14mg (39.68%), Vitamin E: 4.14mg (27.58%), Vitamin D: 1.74µg (11.62%)