



Updated Shepherds Pie

READY IN



55 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup beef broth fat-free reduced-sodium
- 0.8 cup cream light sour
- 1 pound ground beef
- 2 tablespoons flour
- 4 cups savory vegetable mixed frozen thawed (carrots, corn, green beans, peas)
- 3 large cloves garlic
- 2 tablespoons catsup
- 1.3 pounds potatoes - remove skin red cut into chunks
- 0.5 cup sharp cheddar cheese shredded 2% divided kraft

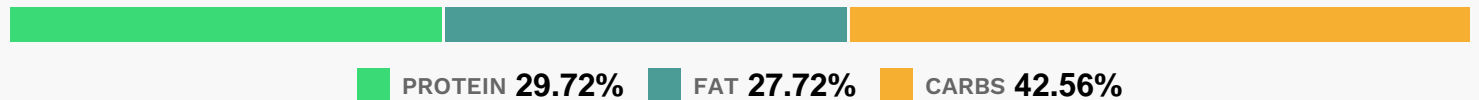
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Cook potatoes and garlic in boiling water in large saucepan 20 min. or until potatoes are tender. Meanwhile, brown meat in large nonstick skillet. Stir in flour; cook 1 min.
- Add mixed vegetables, broth and ketchup; cook 5 min., stirring frequently.
- Heat oven to 375 degrees F.
- Drain potatoes; return to pan.
- Add sour cream; mash until potatoes are smooth and mixture is well blended. Stir in 1/4 cup cheese.
- Spoon meat mixture into 8-inch square baking dish; cover with potatoes.
- BAKE 18 min. Top with remaining cheese; bake 2 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:6.75, Inflammation Score:-10, Nutrition Score:23.840434685997%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 343.15kcal (17.16%), Fat: 10.83g (16.66%), Saturated Fat: 5.56g (34.78%), Carbohydrates: 37.4g (12.47%), Net Carbohydrates: 30.83g (11.21%), Sugar: 2.4g (2.67%), Cholesterol: 66.35mg (22.12%), Sodium: 310.03mg (13.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.24%), Vitamin A: 6382.36IU (127.65%), Vitamin B3: 7.01mg (35.06%), Zinc: 5.24mg (34.92%), Phosphorus: 348.75mg (34.88%), Vitamin B12: 1.91µg (31.9%),

Potassium: 1099.71mg (31.42%), Vitamin B6: 0.61mg (30.67%), Selenium: 18.76µg (26.81%), Fiber: 6.57g (26.3%),
Vitamin C: 21.68mg (26.28%), Manganese: 0.48mg (24.24%), Iron: 3.84mg (21.31%), Vitamin B2: 0.35mg (20.73%),
Vitamin B1: 0.29mg (19.53%), Magnesium: 73.53mg (18.38%), Folate: 66.19µg (16.55%), Copper: 0.32mg (15.89%),
Calcium: 157.54mg (15.75%), Vitamin B5: 1.01mg (10.08%), Vitamin K: 3.52µg (3.35%), Vitamin E: 0.45mg (3.02%),
Vitamin D: 0.19µg (1.26%)