



Vegan Shepherd's Pie

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots chopped
- 3 stalks celery chopped
- 1 clove garlic minced to taste
- 14 ounce vegetarian ground beef substitute
- 1 pinch ground pepper black to taste
- 1 teaspoon penzey's southwest seasoning italian
- 0.3 cup olive oil
- 0.5 cup peas frozen

- 5 russet potatoes peeled cut into 1-inch cubes
- 2 teaspoons salt
- 0.5 cup daiya vegan m zarella "cheese shredded cheddar-style
- 0.5 cup soy milk
- 1 tomatoes chopped
- 3 tablespoons vegan cream cheese substitute tofutti® (such as)
- 0.5 cup veganaise
- 1 tablespoon vegetable oil
- 1 large onion yellow chopped

Equipment

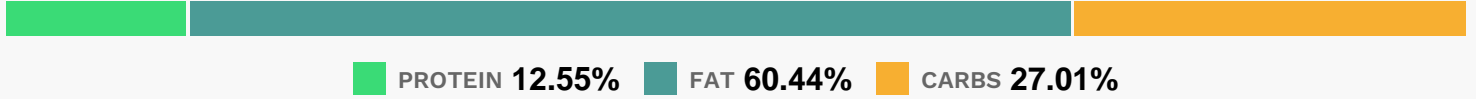
- frying pan
- oven
- pot
- baking pan
- potato masher

Directions

- Place the potatoes in a pot, cover with cold water, and bring to a boil over medium-high heat. Turn the heat to medium-low, and boil the potatoes until tender, about 25 minutes; drain.
- Stir the vegan mayonnaise, soy milk, olive oil, vegan cream cheese, and salt into the potatoes, and mash with a potato masher until smooth and fluffy. Set the potatoes aside.
- Preheat oven to 400 degrees F (200 degrees C), and spray a 2-quart baking dish with cooking spray.
- Heat the vegetable oil in a large skillet over medium heat, and cook and stir the onion, carrots, celery, frozen peas, and tomato until softened, about 10 minutes. Stir in the Italian seasoning, garlic, and pepper.
- Reduce the heat to medium-low, and crumble the vegetarian ground beef substitute into the skillet with the vegetables. Cook and stir, breaking up the meat substitute, until the mixture is hot, about 5 minutes.

- Spread the vegetarian meat substitute mixture into the bottom of the baking dish, and top with the mashed potatoes, smoothing them into an even layer.
- Sprinkle the potatoes with the shredded soy cheese.
- Bake in the preheated oven until the cheese is melted and slightly browned and the casserole is hot, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:66.72, Glycemic Load:27.47, Inflammation Score:-10, Nutrition Score:23.857391305592%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

Nutrients (% of daily need)

Calories: 633.17kcal (31.66%), Fat: 42.62g (65.57%), Saturated Fat: 10.66g (66.6%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 37.58g (13.66%), Sugar: 5.4g (6%), Cholesterol: 56.38mg (18.79%), Sodium: 1068.4mg (46.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.83%), Vitamin A: 3929.61IU (78.59%), Vitamin B6: 1mg (49.89%), Potassium: 1192.07mg (34.06%), Vitamin B3: 5.97mg (29.86%), Vitamin B12: 1.73µg (28.8%), Phosphorus: 283.69mg (28.37%), Vitamin K: 29.57µg (28.16%), Vitamin C: 23.01mg (27.89%), Zinc: 3.99mg (26.61%), Manganese: 0.47mg (23.51%), Fiber: 5.28g (21.12%), Selenium: 14.28µg (20.4%), Iron: 3.58mg (19.92%), Vitamin E: 2.72mg (18.12%), Vitamin B1: 0.26mg (17.29%), Magnesium: 69.07mg (17.27%), Vitamin B2: 0.29mg (17.02%), Calcium: 166.33mg (16.63%), Folate: 65.3µg (16.33%), Copper: 0.31mg (15.71%), Vitamin B5: 1.08mg (10.78%), Vitamin D: 0.36µg (2.39%)