



## Vegetable Shepherd's Pie

READY IN



66 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 large carrots cut into 1/2-inch chunks
- 2 stalks celery cut into 1/2-inch chunks
- 0.5 bunch parsley fresh chopped (stems reserved)
- 6 cloves garlic minced
- 4 servings kosher salt
- 0.7 cup milk
- 2 tablespoons olive oil extra-virgin
- 1 large onion diced
- 4 servings pepper freshly ground

- 5 tablespoons butter unsalted
- 0.8 cup veggie patty chopped
- 1.5 tablespoons worcestershire sauce
- 6 medium yukon gold potatoes diced peeled
- 1 bunch if halved quartered

## Equipment

- pot
- casserole dish
- wooden spoon
- broiler
- stove
- kitchen twine

## Directions

- Preheat the broiler. Cover the potatoes with water in a pot; season with salt, cover and boil until the potatoes are fork-tender, 15 minutes.
- Meanwhile, heat the oil in a stovetop casserole dish or shallow enamel pot over medium-high heat.
- Add the onion, carrots, celery, turnips and garlic. Season with salt and pepper and cook until the vegetables brown, 8 minutes.
- Add 1 1/2 cups cooking liquid from the potatoes to the casserole dish. Lower the heat and scrape up any browned bits with a wooden spoon. Tie the parsley stems with twine and add to the casserole. Cover and simmer until the vegetables are tender, 8 minutes. Stir in the Worcestershire sauce, 2 tablespoons butter and the chopped veggie burgers and warm through, 5 minutes.
- Remove the parsley stems and stir in the chopped parsley. Keep warm.
- Drain the potatoes and mash with the remaining 3 tablespoons butter and the milk; season with salt and pepper and spoon over the casserole.
- Sprinkle with parmesan, if desired. Broil until golden brown, 5 minutes.
- Photograph by Antonis Achilleos

# Nutrition Facts

PROTEIN 10.94% FAT 41.91% CARBS 47.15%

## Properties

Glycemic Index:106.65, Glycemic Load:37.75, Inflammation Score:-10, Nutrition Score:37.797826165738%

## Flavonoids

Apigenin: 15.93mg, Apigenin: 15.93mg, Apigenin: 15.93mg, Apigenin: 15.93mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg

## Nutrients (% of daily need)

Calories: 541.06kcal (27.05%), Fat: 25.8g (39.7%), Saturated Fat: 11.47g (71.71%), Carbohydrates: 65.32g (21.77%), Net Carbohydrates: 54.7g (19.89%), Sugar: 9.6g (10.67%), Cholesterol: 44.72mg (14.91%), Sodium: 621.6mg (27.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.32%), Vitamin A: 10233.39IU (204.67%), Vitamin K: 142.56µg (135.77%), Vitamin B1: 1.48mg (98.67%), Vitamin C: 70.57mg (85.54%), Vitamin B6: 1.11mg (55.45%), Manganese: 1.06mg (53.04%), Potassium: 1676.45mg (47.9%), Fiber: 10.61g (42.45%), Phosphorus: 331.65mg (33.16%), Folate: 132.45µg (33.11%), Magnesium: 106.87mg (26.72%), Vitamin B3: 5.21mg (26.06%), Iron: 4.25mg (23.61%), Copper: 0.45mg (22.59%), Calcium: 205.1mg (20.51%), Vitamin B2: 0.33mg (19.13%), Vitamin B12: 1.14µg (19.02%), Selenium: 12.74µg (18.21%), Vitamin E: 2.04mg (13.62%), Vitamin B5: 1.35mg (13.54%), Zinc: 1.84mg (12.29%), Vitamin D: 0.71µg (4.73%)