



Vegetable Shepherd's Pie



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups brussels sprouts halved
- ☐ 2 stalks celery sliced
- ☐ 2 medium fennel bulb cut into a 1/2-inch dice
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 pinch nutmeg
- ☐ 1 tablespoon kosher salt
- ☐ 2 parsnips peeled sliced

- ☐ 2 pounds sweet potatoes and into peeled cut into 2-inch chunks
- ☐ 6 tablespoons butter unsalted
- ☐ 14.5 ounce vegetable stock canned
- ☐ 1 large onion yellow thinly sliced

Equipment

- ☐ sauce pan
- ☐ pot
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Place the sweet potatoes and 1 tablespoon of the salt in a large pot.
- ☐ Add enough cold water to cover. Bring to a boil. Reduce heat and simmer until the potatoes are tender, about 20 minutes. Meanwhile, in a large saucepan, over medium-low heat, melt 2 tablespoons of the butter.
- ☐ Add the onion and cook for 10 minutes.
- ☐ Add the parsnips, celery, fennel, Brussels sprouts, parsley, pepper, and the remaining salt and toss.
- ☐ Add the broth, increase heat, and simmer until the vegetables are tender, 15 to 20 minutes.
- ☐ Add the spinach or Swiss chard (if using) and stir until wilted.
- ☐ Remove from heat. Using a slotted spoon, transfer the vegetables to a casserole or 9-inch pie plate.
- ☐ Drain the potatoes and return to pot.
- ☐ Add the remaining butter and mash until smooth.
- ☐ Spread the mashed potatoes over the vegetables. Set broiler on high. Broil until lightly browned, 3 to 5 minutes.
- ☐ Sprinkle with the nutmeg.

Nutrition Facts



 PROTEIN 6.53%  FAT 31.9%  CARBS 61.57%

Properties

Glycemic Index:53.13, Glycemic Load:16.14, Inflammation Score:-10, Nutrition Score:22.100434834542%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 242.26kcal (12.11%), Fat: 8.97g (13.79%), Saturated Fat: 5.55g (34.67%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 30.42g (11.06%), Sugar: 10.8g (12%), Cholesterol: 22.58mg (7.53%), Sodium: 1190.26mg (51.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Vitamin A: 16834.22IU (336.68%), Vitamin K: 106.78µg (101.7%), Vitamin C: 38.06mg (46.13%), Manganese: 0.75mg (37.69%), Fiber: 8.52g (34.08%), Potassium: 918.95mg (26.26%), Folate: 76.76µg (19.19%), Vitamin B6: 0.38mg (18.96%), Magnesium: 58.74mg (14.69%), Copper: 0.29mg (14.47%), Vitamin B5: 1.41mg (14.08%), Phosphorus: 136.64mg (13.66%), Vitamin B1: 0.17mg (11.5%), Vitamin E: 1.69mg (11.26%), Iron: 1.8mg (10.01%), Calcium: 99.41mg (9.94%), Vitamin B2: 0.14mg (8.39%), Vitamin B3: 1.52mg (7.58%), Zinc: 0.85mg (5.66%), Selenium: 2.39µg (3.41%), Vitamin D: 0.16µg (1.05%)