



 **66%**
HEALTH SCORE

Vegetarian Mushroom Shepherd's Pie

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



12

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 kg potatoes - remove skin red
- 100 g soy granules
- 1 kg mushrooms
- 1 kg mushrooms
- 1 carrots
- 1 bell pepper red
- 2 onion diced
- 1 bunch optional: dill chopped

- 1 bunch parsley chopped
- 2 yeast dry for vegans, you can also add 3–4 tbsp yeast flakes (or egg substitutes)
- 12 servings sea salt to taste
- 0.5 tsp pepper
- 1 tsp paprika sweet
- 1 tbsp thyme leaves dry
- 2 tbsp unrefined sunflower oil

Equipment

- food processor
- frying pan
- baking paper
- oven
- pot
- spatula

Directions

- Peel potatoes and put them in a large pot filled with water. Boil them until they're tender. Mash them and let them cool for a while.
- Chop the mushrooms, carrot and red bell pepper.
- Add them into your food processor and pulse until all ingredients are well mixed together.
- Heat oil in a large skillet.
- Add the mixture above, diced onions, chopped dill and parsley, soy granules, eggs (or egg substitute) and spices. Saut for 10 minutes.
- * I added the soy granules without boiling them because the mushrooms contain a lot of water and these soy granules will absorb all excess water.
- Put some parchment paper on the bottom of a casserole. Divide the mashed potatoes in two.
- Place the first half in the casserole and spread it with a spatula.
- Add the filling.

- Place over the other half of mashed potatoes.
- Heat your oven at 39
- Put the casserole in the oven. Cook for 40 minutes.
- Don't serve immediately.
- Let it cool for at least half an hour.

Nutrition Facts



Properties

Glycemic Index:25.74, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:21.742608695652%

Flavonoids

Apigenin: 10.25mg, Apigenin: 10.25mg, Apigenin: 10.25mg, Apigenin: 10.25mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Taste

Sweetness: 22.56%, Saltiness: 100%, Sourness: 18.5%, Bitterness: 26.73%, Savoriness: 61.31%, Fattiness: 63.2%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 131.6kcal (6.58%), Fat: 5.25g (8.07%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 20.12g (7.31%), Sugar: 7.95g (8.83%), Cholesterol: 0mg (0%), Sodium: 224.74mg (9.77%), Protein: 7.35g (14.7%), Vitamin K: 81.94µg (78.04%), Vitamin B2: 0.73mg (42.86%), Vitamin C: 32.34mg (39.2%), Vitamin B3: 7.3mg (36.51%), Vitamin A: 1682.74IU (33.65%), Copper: 0.67mg (33.32%), Potassium: 1010.15mg (28.86%), Vitamin B5: 2.84mg (28.45%), Fiber: 6.19g (24.77%), Selenium: 16.06µg (22.94%), Phosphorus: 208.99mg (20.9%), Vitamin B6: 0.39mg (19.28%), Vitamin B1: 0.24mg (16.2%), Folate: 63.95µg (15.99%), Manganese: 0.27mg (13.54%), Iron: 2.16mg (11.97%), Magnesium: 40.85mg (10.21%), Zinc: 1.29mg (8.63%), Vitamin E: 1.26mg (8.42%), Calcium: 30.1mg (3.01%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.07µg (1.11%)