

Vegetarian Shepherd's Pie I

 Vegetarian

READY IN



110 min.

SERVINGS



6

CALORIES



373 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup bulgur
- 4 tablespoons butter
- 2 carrots diced
- 1 cup corn kernels whole
- 1.5 tablespoons flour all-purpose
- 2 cups mushrooms fresh sliced
- 3 tablespoons parsley fresh chopped
- 2 cloves garlic minced

- 6 servings ground pepper black to taste
- 2 cups milk
- 2 cups onion chopped
- 5 russet potatoes peeled cut into thirds
- 1.5 teaspoons salt
- 3 cups water

Equipment

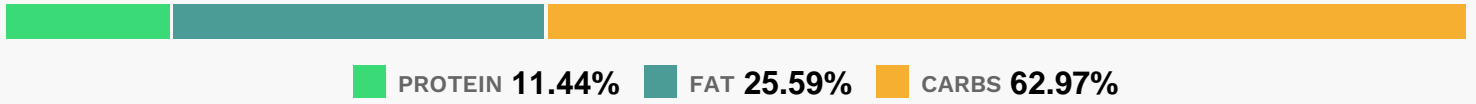
- bowl
- sauce pan
- oven
- whisk
- pot
- spatula
- pie form

Directions

- Gently boil potatoes in a large pot of water for 20 minutes, or until tender.
- Drain, and return to the pot. Mash potatoes with 2 tablespoons butter or margarine, 3/4 teaspoon salt, and 1/2 cup milk until fairly smooth. Set aside.
- In a saucepan, bring 1 1/2 cups water with 1/2 teaspoon salt to a boil. Stir in kasha. Reduce heat, and simmer, uncovered, for 15 minutes.
- Add 1 1/2 cups more water, and bring to a boil.
- Add bulgur, cover, and remove from heat.
- Let stand for 10 minutes.
- In a large saucepan, melt the remaining 2 tablespoons of butter or margarine over medium heat.
- Add onions, garlic, and carrots; saute until the onions soften.
- Add mushrooms; cook and stir for 3 to 4 minutes.

- Sprinkle flour over vegetables; stir constantly for 2 minutes, or until flour starts to brown.
- Pour remaining 1 1/2 cups milk over the vegetables, and increase heat to high. Stir with a whisk until sauce is smooth. Reduce heat, and simmer for 5 minutes. Stir in corn, 1/4 teaspoon salt, and black pepper to taste.
- Mix together vegetable mixture and kasha mixture in a large bowl. Spoon into a buttered 10 inch pie pan, and smooth with a spatula.
- Spread mashed potatoes over top, leaving an uneven surface.
- Bake in a preheated 350 degree F (175 degree C) oven for 30 minutes.
- Garnish with the chopped parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:82.43, Glycemic Load:34.02, Inflammation Score:-10, Nutrition Score:23.436956384908%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg

Nutrients (% of daily need)

Calories: 373.45kcal (18.67%), Fat: 11.11g (17.09%), Saturated Fat: 6.51g (40.7%), Carbohydrates: 61.51g (20.5%), Net Carbohydrates: 53.85g (19.58%), Sugar: 10.19g (11.32%), Cholesterol: 29.83mg (9.94%), Sodium: 764.87mg (33.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.35%), Vitamin A: 3947.55IU (78.95%), Manganese: 0.95mg (47.35%), Vitamin B6: 0.87mg (43.31%), Vitamin K: 40.27µg (38.35%), Potassium: 1227.51mg (35.07%), Fiber: 7.66g (30.64%), Phosphorus: 296.23mg (29.62%), Vitamin C: 19.35mg (23.45%), Magnesium: 93.52mg (23.38%), Vitamin B3: 4.56mg (22.79%), Vitamin B2: 0.38mg (22.56%), Vitamin B1: 0.32mg (21.35%), Copper: 0.41mg (20.29%), Vitamin B5: 1.73mg (17.31%), Folate: 65.4µg (16.35%), Calcium: 160.76mg (16.08%), Iron: 2.56mg (14.22%), Zinc: 1.61mg (10.74%), Selenium: 6.92µg (9.88%), Vitamin B12: 0.47µg (7.8%), Vitamin D: 0.96µg (6.39%), Vitamin E: 0.47mg (3.17%)