



VELVEETA Shepherd's Pie Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 Tbsp butter
- 0.5 cup regular corn frozen
- 1 lb ground beef lean
- 1.5 cups milk
- 8.9 oz velveeta cheesy casseroles shepherd's pie
- 1.3 cups water

Equipment

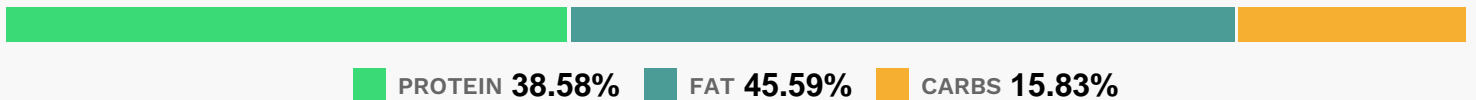
- bowl

- frying pan
- oven
- microwave

Directions

- Heat oven to 425F.
- Brown meat in large skillet; drain. Return meat to skillet; stir in water.
- Add Vegetables and Seasoning
- Mix; stir. Bring to boil; cook 1 min. Reduce heat to medium-low; simmer 5 min., stirring frequently. Stir in corn. Spoon into 2-qt. casserole sprayed with cooking spray; cover with Cheese Sauce.
- Microwave Mashed Potatoes, milk and butter in microwaveable bowl on HIGH 3 min.; stir. Spoon over cheese sauce.
- Bake 18 to 20 min. or until filling is heated through and topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.63, Inflammation Score:-6, Nutrition Score:21.801304428474%

Nutrients (% of daily need)

Calories: 421.41kcal (21.07%), Fat: 21.2g (32.62%), Saturated Fat: 12.41g (77.54%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 15.99g (5.81%), Sugar: 9.77g (10.85%), Cholesterol: 123.04mg (41.01%), Sodium: 1160.41mg (50.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.76%), Phosphorus: 982.51mg (98.25%), Zinc: 7.88mg (52.51%), Vitamin B12: 3.05µg (50.77%), Calcium: 489.56mg (48.96%), Vitamin B2: 0.74mg (43.49%), Vitamin B3: 6.68mg (33.38%), Selenium: 21.71µg (31.01%), Vitamin B6: 0.54mg (26.87%), Potassium: 809.57mg (23.13%), Vitamin A: 945.91IU (18.92%), Iron: 2.93mg (16.27%), Vitamin B5: 1.14mg (11.38%), Magnesium: 43.41mg (10.85%), Vitamin B1: 0.12mg (7.96%), Vitamin D: 1.12µg (7.47%), Copper: 0.11mg (5.53%), Folate: 14.13µg (3.53%), Vitamin E: 0.53mg (3.52%), Manganese: 0.05mg (2.38%), Fiber: 0.58g (2.31%), Vitamin C: 1.55mg (1.88%), Vitamin K: 1.11µg (1.06%)