



Winter-Vegetable Shepherd's Pie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baking potatoes peeled cut into large pieces 4
- ☐ 6 tablespoons butter
- ☐ 2 carrots sliced
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 clove garlic minced
- ☐ 0.8 teaspoon fresh-ground pepper black
- ☐ 1 cup heavy cream

- ☐ 2 large onions sliced
- ☐ 1.5 teaspoons salt
- ☐ 4 cups winter vegetables mixed such as celery, turnips, brussels sprouts, parsnips, fennel, cabbage, or celery root sliced

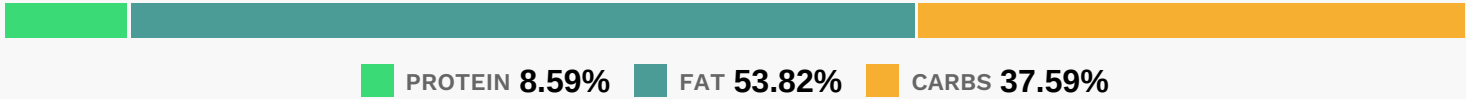
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Put the potatoes in a medium saucepan of salted water. Bring to a boil, reduce the heat, and simmer until the potatoes are tender, about 15 minutes.
- ☐ Drain the potatoes and put them back into the saucepan along with 1 teaspoon of the salt and 1/4 teaspoon of the pepper. Mash the potatoes over very low heat, gradually incorporating the cream and 4 tablespoons of the butter. Cover and set aside.
- ☐ Meanwhile, in a Dutch oven, melt the remaining 2 tablespoons of butter over moderately low heat.
- ☐ Add the onions and cook, stirring occasionally, until golden, about 10 minutes.
- ☐ Add the garlic and cook, stirring, until fragrant, about 1 minute. Stir in the sliced mixed vegetables, carrots, thyme, and the remaining 1/2 teaspoon each of salt and pepper.
- ☐ Mix well.
- ☐ Stir in the broth and bring to a simmer. Cook over moderate heat, covered, until the vegetables start to soften, 5 to 10 minutes. Uncover, increase the heat to moderately high, and cook until the vegetables are tender and almost no liquid remains in the pan, about 10 minutes longer.
- ☐ Heat the broiler.
- ☐ Transfer the vegetables to a 9-inch pie plate, spread the potatoes over the top, and cook until lightly browned, about 5 minutes.
- ☐ Wine Recommendation: Merlot has become so much of a cliché that we tend to shy away from it, but this dish will definitely profit from a juicy merlot from the south of France.

Nutrition Facts



Properties

Glycemic Index:75.65, Glycemic Load:36.32, Inflammation Score:-10, Nutrition Score:32.9000000178296%

Flavonoids

Naringenin: 2.9mg, Naringenin: 2.9mg, Naringenin: 2.9mg, Naringenin: 2.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.99mg, Quercetin: 16.99mg, Quercetin: 16.99mg, Quercetin: 16.99mg

Nutrients (% of daily need)

Calories: 642.94kcal (32.15%), Fat: 40.19g (61.83%), Saturated Fat: 24.96g (155.99%), Carbohydrates: 63.14g (21.05%), Net Carbohydrates: 54.58g (19.85%), Sugar: 9.96g (11.07%), Cholesterol: 112.39mg (37.46%), Sodium: 1133.87mg (49.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.87%), Vitamin K: 169.24µg (161.18%), Vitamin A: 7166.55IU (143.33%), Vitamin C: 95.7mg (116%), Vitamin B6: 1.16mg (57.86%), Potassium: 1717.63mg (49.08%), Manganese: 0.86mg (43.06%), Fiber: 8.56g (34.22%), Phosphorus: 312.4mg (31.24%), Vitamin B3: 5.87mg (29.37%), Folate: 108.74µg (27.19%), Vitamin B1: 0.38mg (25.21%), Magnesium: 90.91mg (22.73%), Iron: 4mg (22.23%), Copper: 0.44mg (22.17%), Vitamin B2: 0.37mg (21.52%), Calcium: 149.89mg (14.99%), Vitamin E: 2.06mg (13.71%), Vitamin B5: 1.31mg (13.15%), Zinc: 1.59mg (10.57%), Selenium: 4.85µg (6.92%), Vitamin D: 0.95µg (6.35%), Vitamin B12: 0.31µg (5.13%)