

Kentucky Dept. of Education

001354 - Shepard's Pie

Recipe HACCP Process: #2 Same Day Service

Source: Bath County
 Number of Portions: 48
 Size of Portion: Serving

Meat/Alt: 3 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 1 Cup
 Milk: 0 Cup

050489 POTATOES, quartered..... 001084 MILK,LOWFAT,FLUID,1% MILKFAT,PROT FORT,W/ VIT..... 001125 EGG,YOLK,RAW,FRSH..... 902822 MARGARINE..... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE... 799938 CARROTS,RAW.....	32 Large 6 CUP 8 large 1/2 CUP 2 CUP 40 Large chopped	Bring a large pot of salted water to boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and Mash. Mix in butter, milk, egg yolk, and 2 cups cheddar cheese. Set aside. Bring a large pot of salted water to boil. Add carrots and cook until tender but still firm, about 15 minutes. Drain, mash and set aside. Preheat oven to 375 degrees.
903229 Ground Beef - USDA 85/15 -..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011821 Peppers, Bell, halved and seeded..... 011951 PEPPERS,SWEET, ORANGE RAW..... 050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED..... 902458 Ketchup Canned..... 799967 BROTH, BEEF, LOW SODIUM..... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE... 004582 VEGETABLE OIL,CANOLA.....	8 LB 4 Medium, chopped 4 Chopped 4 Chopped 4 Chopped 1 CUP 3/4 CUP 6 CUP 2 CUP 1/2 CUP	Heat oil in large pan. Add onion and cook until clear. Add ground beef and cook until well browned or reaches internal temp of 155 degrees. Drain, then stir in flour and cook for 1 minute. Add ketchup and beef broth. Bring to boil, reduce heat and simmer for 5 minutes. Spread ground beef in even layer on bottom of large baking pan. Next, spread a layer of mashed carrots. Top with mashed potatoes and sprinkle with remaining 2 cup of cheese. Bake in oven for 20 minutes or until golden brown and reaches temp of 165 degrees. CCP: Hold at 135 degrees or higher for service. Serve 1 1/2 cup.

*Nutrients are based upon 1 Portion Size (Serving)

Calories	423	kcal	Cholesterol	*37.81*	mg	Sugars	*1.06*	g	Calcium	*174.02*	mg	44.46%	Calories from Total Fat
Total Fat	20.88	g	Sodium	304.37	mg	Protein	22.52	g	Iron	*1.27*	mg	14.64%	Calories from Sat Fat
Saturated Fat	6.88	g	Carbohydrate	*39.21*	g	Vitamin A	*10635.23	IU	Water ¹	*118.14*	g	*4.26%*	Calories from Trans Fat
Trans Fat ²	*2.00*	g	Dietary Fiber	*4.52*	g	Vitamin C	*56.79*	mg	Ash ¹	*1.06*	g	*37.10%*	Calories from Carbohydrates
												21.31%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.