



Iowa Girl Eats: Easy Shepherd's Pie

Ground beef, [Iowa Girl Eats Seasoning Salt](#), black pepper, onion, [mixed veggies](#), [mashed potatoes](#), [gravy](#), garlic, thyme, rosemary, parsley, [tomato paste](#), [Worcestershire sauce](#), water

Nutrition information based on dividing a full-size meal into 6 servings or a half-size meal into 3 servings.

Nutrition Facts	
Iowa Girl Eats: Easy Shepherd's Pie	
6 servings per container	
Serving Size	1.00 each
Amount per serving	
Calories	441
%Daily Value*	
Total Fat 23g	30%
Saturated Fat 5.8g	29%
Trans Fat 0.9g	
Cholesterol 79mg	27%
Sodium 811mg	35%
Total Carbohydrate 39g	14%
Dietary Fiber 5.1g	18%
Total Sugars 5.2g	
Includes 0g Added Sugars	0%
Proteins 18g	
Vitamin D 0.1mcg	0%
Calcium 69mg	5%
Iron 2.3mg	13%
Potassium 382mg	8%
Phosphorus 161mg	13%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	