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

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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	
Cholestrol 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.