

Turkey Shepherd's Pie

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

2 cups cooked turkey, diced medium small
1/2 cup celery, chopped
1/4 cup onion, chopped
1/4 cup sliced mushrooms, lightly sauteed
1 tablespoon parsley, minced
1 1/2 tablespoons dry sherry
2 cups hot mashed potatoes
2 tablespoons butter or margarine
1 can cream of mushroom soup
1 egg
2 tablespoons buttered bread crumbs
paprika

Preheat the oven to 350 degrees.

In a skillet in hot butter, saute' the celery, onion and mushrooms until the onion is transparent. Stir in the turkey.

In a bowl, mix the soup with the parsley and sherry. Blend it smoothly with the turkey mixture. Spread in a shallow casserole.

Beat the hot mashed potatoes well with the egg. Spread over the turkey mixture. Top with the crumbs and sprinkle with paprika.

Bake for 25 minutes or until golden.

Per Serving (excluding unknown items): 235 Calories; 13g Fat (51.3% calories from fat); 23g Protein; 4g Carbohydrate; 1g Dietary Fiber; 122mg Cholesterol; 398mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	235
% Calories from Fat:	51.3%
% Calories from Carbohydrates:	7.4%
% Calories from Protein:	41.2%
Total Fat (g):	13g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	122mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	21mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	6
% Refuse:	0.00%

Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	23g
Sodium (mg):	398mg
Potassium (mg):	335mg
Calcium (mg):	47mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	347IU
Vitamin A (r.e.):	78RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	235	Calories from Fat: 120
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% Daily Values*

Total Fat	13g	20%
Saturated Fat	6g	29%
Cholesterol	122mg	41%
Sodium	398mg	17%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
Protein	23g	

Vitamin A	7%
Vitamin C	6%
Calcium	5%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.