

# Slow Cooker Shepherds Pie

*Bobby Flay*  
*Bob Evans Restaurants*

## Servings: 6

*1 pound Bob Evans Original Recipe Sausage Roll*  
*1 package (24 ounce) mashed potatoes*  
*2 cups frozen peas and carrots*  
*1 jar (12 ounce) beef gravy*

## Preparation Time: 10 minutes

## Cook Time: 4 hours

In a medium skillet over medium heat, crumble and cook the sausage until brown.

Place the meat in the slow cooker.

Add the peas and carrots.

Top with the mashed potatoes.

Pour the gravy on top of the potatoes.

Cover and cook on LOW for four to six hours.

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Per Serving (excluding unknown items): 78 Calories; 2g Fat (22.8% calories from fat); 4g Protein; 12g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 390mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fat.

Pork, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	78	Vitamin B6 (mg):	.1mg
% Calories from Fat:	22.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	57.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	19.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	20mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	2mg	% Refuse:	0.0%

Carbohydrate (g):	12g
Dietary Fiber (g):	2g
Protein (g):	4g
Sodium (mg):	390mg
Potassium (mg):	247mg
Calcium (mg):	26mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	4463IU
Vitamin A (r.e.):	448RE

## Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 78 Calories from Fat: 18

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#### % Daily Values\*

<b>Total Fat</b> 2g	3%
Saturated Fat 1g	4%
<b>Cholesterol</b> 2mg	1%
<b>Sodium</b> 390mg	16%
<b>Total Carbohydrates</b> 12g	4%
Dietary Fiber 2g	9%
<b>Protein</b> 4g	

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<b>Vitamin A</b>	89%
<b>Vitamin C</b>	10%
<b>Calcium</b>	3%
<b>Iron</b>	6%

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