



HEALTH SCORE

21%

Andouille Sausage and Potato Hash

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



241 kcal

SIDE DISH

Ingredients

- 1 medium yukon gold potatoes cut into ½" cubes
- 0.5 cup bell pepper red sliced
- 0.5 cup bell pepper yellow sliced
- 0.5 cup onion red sliced
- 1 link andouille sausage smoked (I used Aidell's brand)
- 1 teaspoon canola oil
- 1 pinch garlic salt
- 1 Dash ground pepper

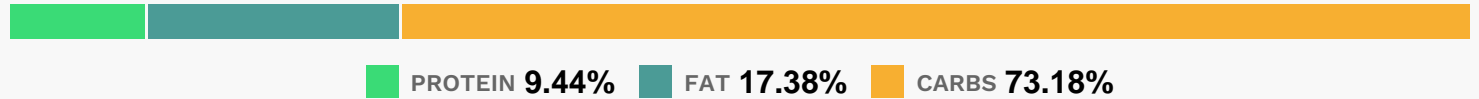
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 42
- Toss the potato, peppers, and onions with 1 teaspoon canola oil.
- Spread onto a baking sheet.
- Sprinkle with garlic salt and pepper. Roast for 10 minutes.
- Add the sliced sausage to the pan and roast for an additional 10 minutes.
- Sprinkle with a dash of cayenne pepper.
- Garnish with finely chopped scallions if desired. Enjoy!

Nutrition Facts



Properties

Glycemic Index:174.75, Glycemic Load:24.34, Inflammation Score:-10, Nutrition Score:19.958260869565%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 18.38mg, Quercetin: 18.38mg, Quercetin: 18.38mg, Quercetin: 18.38mg

Nutrients (% of daily need)

Calories: 241.31kcal (12.07%), Fat: 4.9g (7.54%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 39.08g (14.21%), Sugar: 7.87g (8.74%), Cholesterol: 0.86mg (0.29%), Sodium: 64.8mg (2.82%), Protein: 5.99g (11.99%), Vitamin C: 271.55mg (329.16%), Vitamin A: 2528.61IU (50.57%), Vitamin B6: 0.94mg (47.19%), Potassium: 1153.08mg (32.95%), Fiber: 7.36g (29.45%), Manganese: 0.54mg (26.8%), Folate: 96.16µg

(24.04%), Vitamin B3: 3.35mg (16.73%), Magnesium: 65.29mg (16.32%), Phosphorus: 159.13mg (15.91%), Vitamin B1: 0.24mg (15.79%), Copper: 0.31mg (15.41%), Vitamin E: 1.95mg (12.99%), Iron: 2.18mg (12.1%), Vitamin B5: 0.97mg (9.7%), Vitamin K: 10.13µg (9.65%), Vitamin B2: 0.16mg (9.45%), Zinc: 0.97mg (6.46%), Calcium: 52.47mg (5.25%), Selenium: 1.42µg (2.03%)