



## Baked Sausages, Fennel, and Potatoes with Fontina

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**853 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound baking potatoes peeled cut into 3/4-inch cubes ( 2)
- 3.5 cups canned tomatoes canned drained chopped (one 28-ounce can)
- 2 tablespoons cooking oil
- 0.3 cup cooking wine dry white
- 1 fennel bulb cored cut into thin slices
- 0.8 teaspoon fennel seeds
- 1.5 cups fontina grated

- 2 cloves garlic minced
- 1 onion cut into thin slices
- 0.5 teaspoon salt
- 1 pound mild sausages italian

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat the oven to 45
- In a large deep frying pan, heat 1 tablespoon of the oil over moderate heat.
- Add the sausages and cook until browned and cooked through, about 10 minutes.
- Remove. When the sausages are cool enough to handle, cut them into 1/4-inch slices.
- Add the remaining 1 tablespoon oil to the pan and heat over moderately low heat.
- Add the onion, fennel bulb, garlic, and fennel seeds and cook, covered, for 5 minutes. Stir in the potatoes and salt and cook, covered, until the vegetables start to soften, about 5 minutes.
- Stir in the wine and simmer until evaporated. Stir in the tomatoes. Raise the heat to moderately high and simmer until no liquid remains in the pan, 2 to 3 minutes longer. Stir in the sausages and transfer the mixture to a 9-by-13-inch baking dish.
- Bake the sausage mixture for 10 minutes.
- Remove from the oven and top with the fontina.
- Bake until the vegetables are tender and the cheese is melted, about 10 minutes longer.
- Wine Recommendation: More often than not, red wine is best with sausage, but the relative delicacy of this delicious dish will shine through better with a crisp, herbal-flavored white wine, such as an inexpensive white Bordeaux from France.

## Nutrition Facts



■ PROTEIN 16.81% ■ FAT 61.91% ■ CARBS 21.28%

## Properties

Glycemic Index:73.69, Glycemic Load:22.76, Inflammation Score:-8, Nutrition Score:34.986086990522%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

## Nutrients (% of daily need)

Calories: 853.2kcal (42.66%), Fat: 58.81g (90.48%), Saturated Fat: 22.98g (143.63%), Carbohydrates: 45.48g (15.16%), Net Carbohydrates: 37.52g (13.65%), Sugar: 14.46g (16.07%), Cholesterol: 143.6mg (47.87%), Sodium: 1833.91mg (79.74%), Alcohol: 2.06g (100%), Alcohol %: 0.43% (100%), Protein: 35.93g (71.85%), Vitamin B1: 0.93mg (62.02%), Vitamin B6: 1.18mg (59.05%), Selenium: 37.81µg (54.01%), Vitamin K: 56.5µg (53.81%), Phosphorus: 507.37mg (50.74%), Potassium: 1720.84mg (49.17%), Vitamin C: 37.81mg (45.84%), Manganese: 0.86mg (42.96%), Calcium: 423.57mg (42.36%), Vitamin B3: 7.98mg (39.91%), Copper: 0.67mg (33.31%), Zinc: 4.88mg (32.55%), Iron: 5.82mg (32.31%), Fiber: 7.96g (31.84%), Vitamin B12: 1.86µg (31.06%), Vitamin E: 4.36mg (29.09%), Vitamin B2: 0.47mg (27.71%), Magnesium: 107.76mg (26.94%), Vitamin A: 987.91IU (19.76%), Folate: 76.71µg (19.18%), Vitamin B5: 1.91mg (19.08%), Vitamin D: 0.3µg (1.98%)