



Bangers and Mash

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

648 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 6 servings kosher salt
- ☐ 6 large pork sausages
- ☐ 6 large potatoes peeled cut into large chunks
- ☐ 1 large purple red thinly sliced
- ☐ 0.3 savoy cabbage shredded
- ☐ 6 servings water
- ☐ 2 tablespoons whole-grain dijon mustard

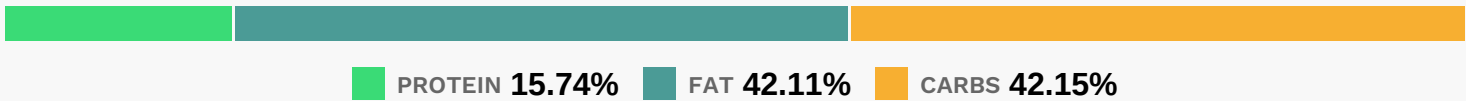
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the potatoes in a large pot and cover with cold water. Bring to a boil, over medium heat, and heavily salt the water. Reduce the heat and simmer until tender, about 20 minutes. Steam the cabbage in a steamer sitting over the potato pot. They should be ready at the same time.
- ☐ Meanwhile, brown the sausage on all sides in a large saute pan over medium-high heat.
- ☐ Remove the sausage to a plate once it has browned.
- ☐ Add the onions to the pan season with salt and pepper, to taste. Cook the onions until caramelized, adding water, a teaspoon at a time, to deglaze the pan. Stir in the Dijon mustard and 3/4 cup water and return the sausage to the pan to finish cooking. Simmer until the sausage is cooked through and water has reduced to a glaze over the onions, about 7 minutes.
- ☐ Drain the potatoes, reserving some of the cooking water. Rice the potatoes into a bowl and add a bit of the potato cooking water to soften. Season with salt and pepper, to taste. Fold in the steamed cabbage and taste for seasonings, adjusting as necessary.
- ☐ Transfer the bangers and mash to a serving dish and dig in!!!!

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:47.96, Inflammation Score:-8, Nutrition Score:29.713913129724%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 648.41kcal (32.42%), Fat: 30.54g (46.98%), Saturated Fat: 10.06g (62.89%), Carbohydrates: 68.79g (22.93%), Net Carbohydrates: 58.96g (21.44%), Sugar: 4.58g (5.09%), Cholesterol: 81.36mg (27.12%), Sodium: 1012.69mg (44.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.36%), Vitamin C: 86.49mg (104.83%), Vitamin B6: 1.53mg (76.57%), Potassium: 1955.62mg (55.87%), Vitamin B3: 9.37mg (46.83%), Vitamin B1: 0.65mg (43.35%), Fiber: 9.83g (39.33%), Phosphorus: 389.5mg (38.95%), Manganese: 0.7mg (34.77%), Vitamin K: 33.58µg (31.98%), Magnesium: 117.97mg (29.49%), Copper: 0.55mg (27.33%), Zinc: 3.71mg (24.75%), Iron: 4.41mg (24.51%), Folate: 94.02µg (23.51%), Vitamin B5: 1.96mg (19.6%), Vitamin B2: 0.28mg (16.21%), Vitamin B12: 0.96µg (16.01%), Vitamin D: 1.47µg (9.79%), Vitamin A: 471.59IU (9.43%), Calcium: 82.6mg (8.26%), Selenium: 3.24µg (4.63%), Vitamin E: 0.34mg (2.25%)