



Bangers and Mash

READY IN



50 min.

SERVINGS



6

CALORIES



541 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 tablespoons butter unsalted diced
- ☐ 2 pounds chicken sausages fresh 8 large sausages
- ☐ 2 teaspoons coarse mustard
- ☐ 4 ounces crème fraîche
- ☐ 2 teaspoons dijon mustard
- ☐ 1 teaspoon mustard dry
- ☐ 6 servings parsley fresh for garnish
- ☐ 6 servings kosher salt

- ☐ 0.5 cup milk whole
- ☐ 2 pounds yukon gold potatoes diced peeled

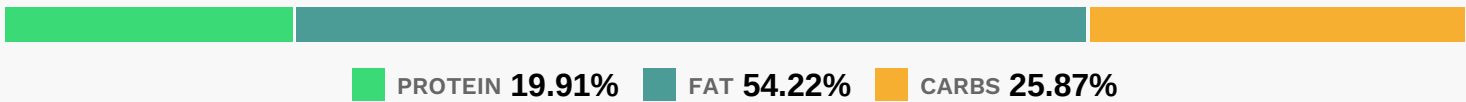
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ colander

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Place a baking rack on a sheet pan and arrange the sausages in one layer on the baking rack.
- ☐ Bake for 18 to 20 minutes, until the sausages are just cooked through.
- ☐ Meanwhile, place the potatoes in a large saucepan with 1 tablespoon of salt and enough water to cover the potatoes. Bring to a boil and simmer for 20 to 25 minutes, until the potatoes are very tender.
- ☐ Drain the potatoes in a colander and return them to the saucepan.
- ☐ Add the butter, creme fraiche, milk, Dijon mustard, whole-grain mustard, dry mustard, 1 tablespoon salt, and the pepper and beat the potatoes in the pan with a handheld mixer on low speed until very smooth and creamy.
- ☐ To serve, mound a generous portion of potatoes on a dinner plate and top with sausages that have been cut in half diagonally.
- ☐ Sprinkle with fresh chopped parsley and serve.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:19.79, Inflammation Score:-7, Nutrition Score:14.181739133337%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 541.36kcal (27.07%), Fat: 33.62g (51.72%), Saturated Fat: 11.59g (72.44%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 32.36g (11.77%), Sugar: 4.73g (5.25%), Cholesterol: 140.4mg (46.8%), Sodium: 1803.24mg (78.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.78g (55.55%), Vitamin K: 70.08µg (66.75%), Vitamin C: 37.43mg (45.37%), Vitamin A: 1261.93IU (25.24%), Vitamin B6: 0.47mg (23.73%), Potassium: 727mg (20.77%), Iron: 2.85mg (15.81%), Manganese: 0.31mg (15.3%), Fiber: 3.73g (14.91%), Phosphorus: 132.53mg (13.25%), Magnesium: 44.7mg (11.18%), Vitamin B1: 0.15mg (9.96%), Copper: 0.18mg (9.18%), Vitamin B3: 1.73mg (8.64%), Folate: 32.52µg (8.13%), Calcium: 74.59mg (7.46%), Vitamin B2: 0.12mg (7%), Vitamin B5: 0.63mg (6.31%), Selenium: 3.48µg (4.97%), Zinc: 0.68mg (4.54%), Vitamin B12: 0.17µg (2.76%), Vitamin E: 0.38mg (2.5%), Vitamin D: 0.36µg (2.42%)