



Bangers and Mash

READY IN



55 min.

SERVINGS



6

CALORIES



495 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 1 cup milk
- ☐ 1 large onion chopped
- ☐ 6 servings salt and pepper
- ☐ 1.5 pounds turkey sausage links cooked
- ☐ 4 tablespoons butter unsalted softened
- ☐ 1 tablespoon vegetable oil

☐ 3 pounds yukon gold potatoes peeled quartered

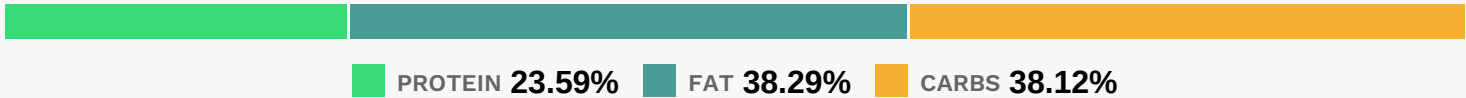
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Place potatoes in a large pot; cover with water.
- ☐ Add 1 Tbsp. salt. Bring to a boil and cook until tender, 20 to 25 minutes.
- ☐ Drain, return potatoes to pot, and mash with butter.
- ☐ Mix in milk and mustard. Season with salt and pepper. Cover to keep warm.
- ☐ Prick sausages all over with a fork. Warm oil in a skillet over medium-high heat; brown sausages on both sides, about 5 minutes.
- ☐ Remove to a plate.
- ☐ Add onion to skillet and saut until softened, about 3 minutes.
- ☐ Add flour and saut 1 minute. Slowly stir in broth and cook, whisking, until sauce has thickened, about 3 minutes; season with 1/2 tsp. salt. Return sausages to skillet, cover, reduce heat to low and simmer until sausages are warmed through, about 5 minutes. Slice and serve over mashed potatoes, with extra mustard for dipping.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:31.65, Inflammation Score:-7, Nutrition Score:23.350869614145%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 494.87kcal (24.74%), Fat: 21.16g (32.56%), Saturated Fat: 8.32g (52%), Carbohydrates: 47.41g (15.8%), Net Carbohydrates: 41.6g (15.13%), Sugar: 4.98g (5.53%), Cholesterol: 110mg (36.67%), Sodium: 997.58mg (43.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.67%), Vitamin B6: 1.23mg (61.25%), Vitamin C: 49.17mg (59.6%), Vitamin B3: 8.68mg (43.4%), Phosphorus: 409.05mg (40.91%), Potassium: 1416.36mg (40.47%), Zinc: 4.47mg (29.8%), Vitamin B12: 1.77µg (29.48%), Vitamin B2: 0.44mg (25.82%), Fiber: 5.8g (23.22%), Manganese: 0.45mg (22.69%), Vitamin B1: 0.34mg (22.49%), Magnesium: 86.02mg (21.51%), Vitamin B5: 2.05mg (20.54%), Copper: 0.39mg (19.68%), Iron: 3.51mg (19.51%), Folate: 52.09µg (13.02%), Calcium: 114.35mg (11.44%), Vitamin K: 9.47µg (9.02%), Vitamin A: 394.53IU (7.89%), Selenium: 5.07µg (7.24%), Vitamin E: 0.63mg (4.17%), Vitamin D: 0.59µg (3.92%)