



# Beer-Braised Sausages with Warm Potato Salad

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin
- 1.5 pounds pork sausage sweet italian
- 1 medium onion yellow halved thinly sliced
- 12 ounces pale ale beer
- 1.5 pounds potatoes - remove skin red halved
- 1 serving coarse mustard
- 1 tablespoon red-wine vinegar

- 2 tablespoons parsley fresh chopped

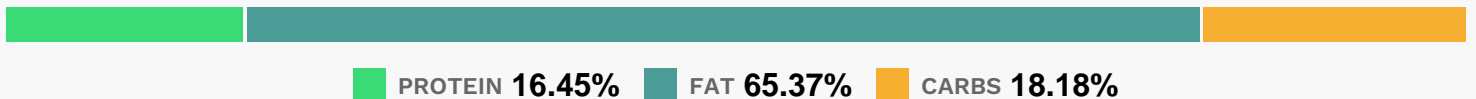
## Equipment

- bowl
- pot
- slotted spoon
- dutch oven

## Directions

- In a large Dutch oven or heavy pot, heat 1 tablespoon oil over medium-high.
- Add sausages and cook until brown on all sides, about 8 minutes.
- Add onion and cook until softened, about 7 minutes.
- Add beer, potatoes, and 2 cups water; season with salt and pepper and press to submerge potatoes in cooking liquid. Bring to a boil; cover, reduce heat to medium, and cook until potatoes are tender, about 20 minutes.
- Transfer sausages to a serving platter and keep warm. In a large bowl, stir together 1 tablespoon oil, vinegar, and parsley. With a slotted spoon, transfer potato mixture to dressing (reserve cooking liquid) and toss to combine.
- Return pot to high heat; boil cooking liquid until reduced to 1 cup, about 12 minutes. Return sausages to pot and cook until heated through, 2 minutes.
- Place sausages and dressed potatoes on serving platter; drizzle half the sauce over top.
- Serve sausages and potatoes with remaining sauce alongside.

## Nutrition Facts



## Properties

Glycemic Index:39.88, Glycemic Load:1.81, Inflammation Score:-7, Nutrition Score:21.552173842555%

## Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 747.81kcal (37.39%), Fat: 52.45g (80.69%), Saturated Fat: 16g (100.03%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 29.36g (10.68%), Sugar: 3.39g (3.77%), Cholesterol: 122.47mg (40.82%), Sodium: 1132.25mg (49.23%), Alcohol: 3.32g (100%), Alcohol %: 0.9% (100%), Protein: 29.69g (59.38%), Vitamin B3: 10.46mg (52.28%), Vitamin B6: 0.88mg (44.22%), Vitamin B1: 0.63mg (41.77%), Vitamin K: 42.76µg (40.72%), Potassium: 1273.38mg (36.38%), Phosphorus: 356.08mg (35.61%), Zinc: 4.34mg (28.92%), Vitamin C: 20.54mg (24.89%), Vitamin B12: 1.46µg (24.38%), Iron: 3.4mg (18.91%), Copper: 0.36mg (17.97%), Magnesium: 70.84mg (17.71%), Vitamin B2: 0.29mg (17.16%), Vitamin B5: 1.7mg (16.96%), Manganese: 0.3mg (15.04%), Vitamin D: 2.21µg (14.74%), Fiber: 3.48g (13.92%), Folate: 45.77µg (11.44%), Vitamin E: 1.37mg (9.15%), Vitamin A: 309.4IU (6.19%), Calcium: 45.89mg (4.59%), Selenium: 1.93µg (2.75%)