



Cheddar Onion Bangers and Mash with Guinness Essence

READY IN



105 min.

SERVINGS



8

CALORIES



3935 kcal

SIDE DISH

Ingredients

- ☐ 24 ounces guinness beer
- ☐ 4 tablespoons butter cut into cubes
- ☐ 3 liters canola oil for deep-frying as needed
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon grapeseed oil
- ☐ 0.1 teaspoon ground pepper black

- ☐ 0.5 cup heavy cream
- ☐ 1 medium onion diced
- ☐ 1 tablespoon paprika
- ☐ 6 large potatoes peeled cut into 1-inch chunks
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds irish sausage english
- ☐ 1 cup cheddar shredded white
- ☐ 1 large onion diced white
- ☐ 1 onion white sliced thin

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

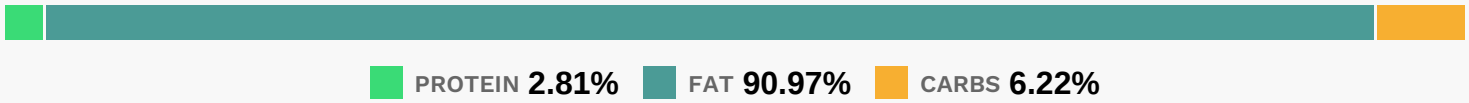
Directions

- ☐ Heat grapeseed oil over medium-high heat in a saute pan with a lid. Sear sausage on all sides.
- ☐ Add beer and onion to pan, turn heat down to low and braise until sausage is cooked through, about 50 minutes.
- ☐ For the mash:Boil potatoes and onion until potatoes are tender and strain. Return to pot and stir in cheese, butter, and heavy cream. Mash by hand, then whip with an electric beater and keep warm.;
- ☐ Heat deep-fryer to 375 degrees F or as directed by manufacturer for similar foods.
- ☐ Remove sausage to a utility platter and let rest. Strain braising liquid through a chinois and return to pan.
- ☐ Let reduce by two-thirds.
- ☐ Make the tobacco onions, by combining flour, cornstarch, garlic powder, paprika, salt and pepper. Dust onions with mixture and deep-fry until crispy.
- ☐ Drain on paper towels.

- ☐
- Slice sausage on the bias. Spoon some mashed potatoes in the center of serving plate. Top with sausage and tobacco onions.

☐

Nutrition Facts



Properties

Glycemic Index:56.34, Glycemic Load:38.66, Inflammation Score:-9, Nutrition Score:34.317391478497%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.32mg, Isorhamnetin: 2.32mg, Isorhamnetin: 2.32mg, Isorhamnetin: 2.32mg Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 3935.4kcal (196.77%), Fat: 401.94g (618.36%), Saturated Fat: 46g (287.53%), Carbohydrates: 61.84g (20.61%), Net Carbohydrates: 54.44g (19.8%), Sugar: 4.73g (5.26%), Cholesterol: 127.63mg (42.54%), Sodium: 1027.87mg (44.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.97g (55.93%), Vitamin E: 63.2mg (421.33%), Vitamin K: 261.12µg (248.69%), Vitamin C: 58.85mg (71.33%), Vitamin B6: 1.27mg (63.56%), Potassium: 1577.12mg (45.06%), Vitamin B3: 8.65mg (43.25%), Phosphorus: 410.66mg (41.07%), Vitamin B1: 0.6mg (39.99%), Fiber: 7.4g (29.61%), Manganese: 0.55mg (27.3%), Zinc: 4mg (26.66%), Magnesium: 92.45mg (23.11%), Iron: 3.99mg (22.17%), Vitamin B2: 0.36mg (21.39%), Vitamin A: 1057.78IU (21.16%), Copper: 0.42mg (20.84%), Vitamin B12: 1.15µg (19.16%), Vitamin B5: 1.79mg (17.88%), Calcium: 169.06mg (16.91%), Folate: 66.03µg (16.51%), Vitamin D: 1.8µg (11.98%), Selenium: 7.25µg (10.36%)