

Cheesy Sausage Potatoes

 **Gluten Free**

READY IN



25 min.

SERVINGS



8

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound sausage meat
- 0.3 cup butter melted
- 1 medium onion chopped
- 3 pounds potatoes peeled cut into 1/4-inch slices
- 8 ounces cheddar cheese shredded

Equipment

- frying pan
- sauce pan

- oven
- baking pan

Directions

- Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; simmer, uncovered, for 8–10 minutes or until tender. Meanwhile, crumble sausage into a large skillet; add onion. Cook over medium heat until meat is no longer pink; drain if necessary.
- Drain potatoes; arrange in an ungreased 13-in. x 9-in. baking dish.
- Drizzle with butter.
- Add sausage mixture and stir gently.
- Sprinkle with cheese.
- Bake, uncovered, at 350° for 5–7 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:26.97, Glycemic Load:22.23, Inflammation Score:-6, Nutrition Score:16.106086969376%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 475.37kcal (23.77%), Fat: 30.6g (47.08%), Saturated Fat: 14.13g (88.29%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 27.72g (10.08%), Sugar: 2.01g (2.23%), Cholesterol: 84.42mg (28.14%), Sodium: 602.38mg (26.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.81g (37.62%), Vitamin C: 34.92mg (42.33%), Vitamin B6: 0.71mg (35.58%), Phosphorus: 309.03mg (30.9%), Potassium: 900.33mg (25.72%), Calcium: 230.81mg (23.08%), Vitamin B3: 4.49mg (22.47%), Vitamin B1: 0.31mg (20.46%), Zinc: 2.79mg (18.63%), Fiber: 3.98g (15.9%), Vitamin B2: 0.25mg (14.99%), Manganese: 0.28mg (14.18%), Magnesium: 56.23mg (14.06%), Vitamin B12: 0.79µg (13.24%), Selenium: 8.67µg (12.39%), Copper: 0.24mg (11.79%), Iron: 2.03mg (11.29%), Vitamin B5: 1.03mg (10.26%), Vitamin A: 507.54IU (10.15%), Folate: 36.56µg (9.14%), Vitamin D: 0.91µg (6.05%), Vitamin K: 4.69µg (4.47%), Vitamin E: 0.5mg (3.36%)