



Classic Bangers and Mash

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



1137 kcal

SIDE DISH

Ingredients

- 20.5 ounce homestyle beef gravy canned
- 0.3 cup butter melted
- 2 chicken bouillon cubes
- 1 tablespoon cooking oil
- 1 cup warm milk
- 1 large onion separated sliced
- 2 teaspoons oregano dried crumbled
- 8 links pork sausage

2.3 pounds potatoes peeled quartered

Equipment

frying pan

paper towels

Directions

Place the potatoes in a pan, and add enough water to cover. Bring to a boil, and cook until tender, about 20 minutes.

Drain, leaving the potatoes in the pan.

Meanwhile, stir the bouillon cubes into the warm milk until dissolved. Stir the milk mixture and butter into the potatoes. Mash the potatoes until smooth and creamy.

Heat the cooking oil in a skillet over medium-high heat. Prick the sausages in a few places with a fork, and place them into the skillet. Cook, turning often, until golden brown and juices run clear, 12 to 15 minutes depending on thickness.

Remove from the skillet and drain on paper towels.

Using the same skillet, add the onion rings. Cook and stir over medium heat until the onions are golden, but still crisp, about 5 minutes.

Heat the gravy in a pan over medium heat.

To serve, scoop the potatoes onto a large serving plate. Arrange the sausages over the potatoes, top with the onions, drizzle with gravy, and sprinkle with oregano.

Nutrition Facts

 PROTEIN 15.73%  FAT 63.36%  CARBS 20.91%

Properties

Glycemic Index:57.94, Glycemic Load:34.5, Inflammation Score:-9, Nutrition Score:31.74608707428%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.4mg,

Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg

Nutrients (% of daily need)

Calories: 1136.78kcal (56.84%), Fat: 79.96g (123.01%), Saturated Fat: 29.96g (187.25%), Carbohydrates: 59.36g (19.79%), Net Carbohydrates: 52.69g (19.16%), Sugar: 9.37g (10.41%), Cholesterol: 212.43mg (70.81%), Sodium: 2711.76mg (117.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.67g (89.34%), Vitamin B6: 1.54mg (76.97%), Vitamin B3: 13.53mg (67.64%), Vitamin C: 54.67mg (66.26%), Vitamin B1: 0.88mg (58.77%), Phosphorus: 531.22mg (53.12%), Potassium: 1803.08mg (51.52%), Zinc: 6mg (40%), Vitamin B12: 2.28µg (38.01%), Vitamin B2: 0.47mg (27.67%), Iron: 4.97mg (27.61%), Fiber: 6.68g (26.7%), Magnesium: 105.5mg (26.37%), Vitamin B5: 2.58mg (25.82%), Manganese: 0.51mg (25.27%), Vitamin D: 3.61µg (24.06%), Copper: 0.45mg (22.31%), Calcium: 157.73mg (15.77%), Vitamin K: 15.79µg (15.04%), Folate: 53.64µg (13.41%), Vitamin A: 645.77IU (12.92%), Vitamin E: 1.63mg (10.84%), Selenium: 2.86µg (4.08%)