



Down Home Casserole

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



5

CALORIES



579 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices bacon
- 1 large head broccoli fresh chopped
- 2 carrots chopped
- 0.5 cup celery chopped
- 1 onion chopped
- 4 potatoes peeled sliced thin
- 5 servings salt and pepper to taste
- 1 pound kielbasa sausage cut into 1 inch pieces

Equipment

frying pan

Directions

- In a large, heavy skillet over medium high heat, fry the bacon until crisp, about 10 minutes.
- Remove the bacon and leave the fat in the skillet.
- Then place the potatoes, broccoli, celery, carrots, and onion in the bacon fat, reduce heat to medium and saute for 5 minutes.
- Place the kielbasa over all, to allow the juices to trickle down over the vegetables.
- Saute for 5 to 10 more minutes, or to desired tenderness on the vegetables. Season with salt and pepper to taste, crumble the reserved bacon and return it to the skillet, and stir to combine.

Nutrition Facts



Properties

Glycemic Index:49.92, Glycemic Load:24.64, Inflammation Score:-10, Nutrition Score:34.09434778794%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 11.12mg, Kaempferol: 11.12mg, Kaempferol: 11.12mg, Kaempferol: 11.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg

Nutrients (% of daily need)

Calories: 578.64kcal (28.93%), Fat: 35.25g (54.23%), Saturated Fat: 11.69g (73.09%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 34.74g (12.63%), Sugar: 5.62g (6.25%), Cholesterol: 82.74mg (27.58%), Sodium: 1021.68mg (44.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.86%), Vitamin C: 146.05mg (177.03%), Vitamin K: 133.9µg (127.52%), Vitamin A: 4960.84IU (99.22%), Vitamin B6: 1.13mg (56.54%), Potassium: 1515.39mg (43.3%), Vitamin B3: 8.2mg (41%), Vitamin B1: 0.57mg (38.22%), Phosphorus: 355.21mg (35.52%), Fiber: 8.13g (32.52%), Manganese: 0.6mg (29.88%), Folate: 117.23µg (29.31%), Zinc: 3.38mg (22.55%), Magnesium: 86.84mg (21.71%), Vitamin B2: 0.35mg (20.87%), Vitamin B5: 2.07mg (20.75%), Iron: 3.47mg (19.3%), Copper: 0.34mg (16.89%), Vitamin B12: 0.9µg (15.05%), Selenium: 9.03µg (12.9%), Calcium: 104.36mg (10.44%), Vitamin E:

1.44mg (9.63%), Vitamin D: 1.28µg (8.57%)