

Dublin Coddle with Vegan Sausages

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds baking potatoes cut into 1/2-inch slices (4 medium)
- 0.3 teaspoon pepper black
- 1 bouillon cubes (enough to flavor 2 cups water, see below)
- 1 tablespoon cashew butter
- 0.8 cup beer dark
- 1 teaspoon flaxseeds
- 3 cloves garlic minced
- 0.3 teaspoon ginger

- 0.5 teaspoon ground sage
- 4 irish bangers sliced (see below)
- 0.3 teaspoon liquid smoke
- 1 teaspoon marjoram
- 0.3 teaspoon nutmeg
- 2 tablespoons nutritional yeast
- 1 large onion sliced
- 0.5 tablespoon onion powder
- 2 tablespoons parsley minced
- 4 servings salt and pepper to taste
- 1 tablespoon soya sauce
- 0.5 teaspoon thyme leaves
- 1.5 cups vegetable stock prepared
- 4.5 ounces vital wheat gluten
- 1 cup water
- 1 slice bread whole wheat

Equipment

- bowl
- ladle

Directions

- Mix the Liquid Smoke into the broth and pour it over all. Bring to a boil and then reduce heat to the lowest setting and cover tightly. Cook for about an hour, or until potatoes are very tender.
- Add the beer if you're using it, and simmer for about 15 minutes more. Ladle into bowls and serve with Irish Soda Bread.

Nutrition Facts



■ PROTEIN 36.19% ■ FAT 9.09% ■ CARBS 54.72%

Properties

Glycemic Index:134.49, Glycemic Load:28.22, Inflammation Score:-8, Nutrition Score:16.030869595383%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 364.25kcal (18.21%), Fat: 3.66g (5.64%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 44.52g (16.19%), Sugar: 4.08g (4.53%), Cholesterol: 0.04mg (0.01%), Sodium: 1097.59mg (47.72%), Alcohol: 1.73g (100%), Alcohol %: 0.48% (100%), Protein: 32.82g (65.64%), Vitamin B6: 0.73mg (36.56%), Vitamin K: 37.29µg (35.51%), Manganese: 0.63mg (31.46%), Potassium: 976.63mg (27.9%), Phosphorus: 250mg (25%), Selenium: 17.04µg (24.35%), Iron: 4.36mg (24.25%), Fiber: 5.09g (20.36%), Copper: 0.4mg (20.12%), Magnesium: 80.4mg (20.1%), Vitamin C: 16.5mg (20%), Vitamin B1: 0.23mg (15.16%), Vitamin B3: 2.7mg (13.51%), Folate: 46.95µg (11.74%), Calcium: 109.72mg (10.97%), Zinc: 1.34mg (8.95%), Vitamin A: 375.68IU (7.51%), Vitamin B5: 0.73mg (7.34%), Vitamin B2: 0.12mg (6.97%)