



 **41%**
HEALTH SCORE

Bangers and Mash With Golden Onions

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



1382 kcal

SIDE DISH

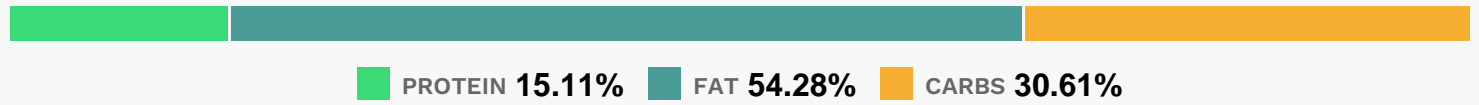
Ingredients

- 1 tablespoon butter
- 1 tablespoon cup heavy whipping cream
- 4 servings dijon mustard english
- 6 garlic clove finely chopped
- 4 servings pepper fresh to taste
- 0.8 cup milk low fat fine
- 3 tablespoons olive oil
- 2 onion finely sliced

- 6 large potatoes
- 4 servings salt to taste
- 12 sausage

Equipment

Nutrition Facts



Properties

Glycemic Index:62.69, Glycemic Load:72.35, Inflammation Score:-8, Nutrition Score:45.123913043478%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 15.12mg, Quercetin: 15.12mg, Quercetin: 15.12mg, Quercetin: 15.12mg

Nutrients (% of daily need)

Calories: 1381.99kcal (69.1%), Fat: 83.46g (128.4%), Saturated Fat: 26.97g (168.57%), Carbohydrates: 105.92g (35.31%), Net Carbohydrates: 92.69g (33.71%), Sugar: 9.13g (10.15%), Cholesterol: 197.58mg (65.86%), Sodium: 1977.77mg (85.99%), Protein: 52.26g (104.52%), Vitamin C: 116.32mg (141%), Vitamin B6: 2.56mg (128.16%), Vitamin B3: 17.98mg (89.88%), Potassium: 3137.21mg (89.63%), Vitamin B1: 1.2mg (80.31%), Phosphorus: 731.33mg (73.13%), Fiber: 13.23g (52.93%), Manganese: 1.02mg (51.02%), Zinc: 7.49mg (49.92%), Magnesium: 175.45mg (43.86%), Iron: 7.41mg (41.19%), Vitamin B12: 2.45µg (40.82%), Copper: 0.8mg (40.17%), Vitamin B5: 3.62mg (36.18%), Vitamin B2: 0.58mg (34.02%), Vitamin D: 3.86µg (25.75%), Folate: 102.85µg (25.71%), Vitamin K: 18.73µg (17.84%), Calcium: 169.9mg (16.99%), Vitamin E: 2.19mg (14.61%), Vitamin A: 433.69IU (8.67%), Selenium: 3.66µg (5.22%)