



German Potato and Sausage Casserole

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

READY IN



60 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 oz potatoes frozen with onions and peppers, thawed
- 14 oz sauerkraut rinsed drained canned
- 10.8 oz condensed cream of potato soup canned
- 1 serving paprika
- 1 lb kielbasa cooked cut into 6 pieces
- 1.3 cups frangelico

Equipment

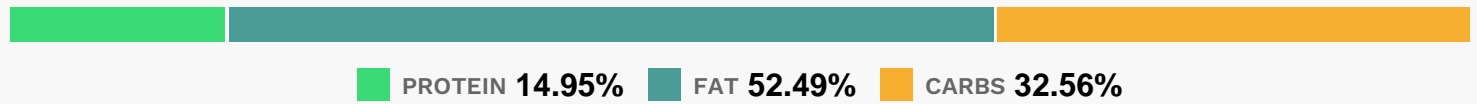
- bowl

- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In baking dish, mix potatoes and sauerkraut.
- In medium bowl, mix soup and half-and-half. Stir soup mixture into potato mixture; mix well.
- Sprinkle with paprika.
- Bake 20 minutes. Arrange sausage pieces over potato mixture, pressing lightly into mixture.
- Bake 25 to 30 minutes longer.

Nutrition Facts



Properties

Glycemic Index:26.46, Glycemic Load:17.57, Inflammation Score:-5, Nutrition Score:16.508260783942%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 391.8kcal (19.59%), Fat: 22.92g (35.26%), Saturated Fat: 8.37g (52.29%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 26.85g (9.76%), Sugar: 3.1g (3.45%), Cholesterol: 55.46mg (18.49%), Sodium: 1414.95mg (61.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.37%), Vitamin C: 36.55mg (44.3%), Vitamin B1: 0.51mg (34.3%), Vitamin B6: 0.64mg (32.11%), Potassium: 911.56mg (26.04%), Manganese: 0.5mg (24.85%), Vitamin B3: 4.34mg (21.72%), Selenium: 15.16µg (21.66%), Phosphorus: 211.29mg (21.13%), Fiber: 5.15g (20.59%), Copper: 0.38mg (18.92%), Iron: 3.36mg (18.65%), Zinc: 2.24mg (14.91%), Vitamin B12: 0.76µg (12.69%), Magnesium: 50.71mg (12.68%), Vitamin B5: 1.16mg (11.57%), Vitamin K: 11.94µg (11.37%), Vitamin B2: 0.19mg (11.04%), Folate: 39.73µg (9.93%), Calcium: 53.68mg (5.37%), Vitamin A: 213.27IU (4.27%), Vitamin E: 0.24mg (1.59%)