



German Potato and Sausage Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

Equipment

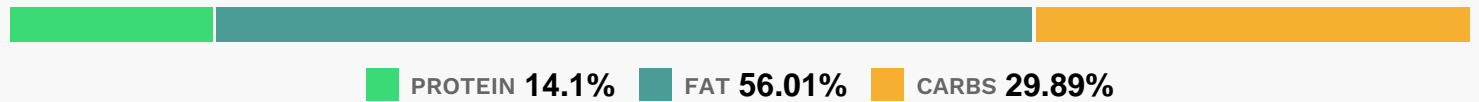
- bowl

- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 375F. 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:17.61, Inflammation Score:-8, Nutrition Score:19.65130459744%

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: 466.95kcal (23.35%), Fat: 29.32g (45.11%), Saturated Fat: 12.18g (76.14%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 29.48g (10.72%), Sugar: 5.5g (6.11%), Cholesterol: 74.28mg (24.76%), Sodium: 1448.89mg (63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.21%), Vitamin C: 37.04mg (44.9%), Vitamin B1: 0.54mg (35.75%), Vitamin B6: 0.7mg (35.24%), Potassium: 1020.55mg (29.16%), Phosphorus: 267.62mg (26.76%), Manganese: 0.52mg (26.2%), Vitamin A: 1224.55IU (24.49%), Selenium: 16.99µg (24.27%), Fiber: 5.73g (22.92%), Vitamin B3: 4.57mg (22.85%), Iron: 3.74mg (20.75%), Copper: 0.4mg (19.76%), Vitamin B2: 0.31mg (18.38%), Zinc: 2.52mg (16.79%), Magnesium: 59.06mg (14.76%), Vitamin B12: 0.86µg (14.39%), Vitamin B5: 1.35mg (13.54%), Vitamin K: 13.98µg (13.31%), Calcium: 115.04mg (11.5%), Folate: 42.16µg (10.54%), Vitamin E: 0.86mg (5.72%)