



Honey Mustard Kielbasa and Potatoes

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

READY IN



70 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp brown sugar
- 0.8 cup cooking wine dry white
- 0.3 cup grey poupon savory honey mustard
- 1 lb kielbasa cut into 1-inch pieces
- 1 large onion sliced
- 1.3 lb potatoes red cut into 3/4-inch cubes (4)

Equipment

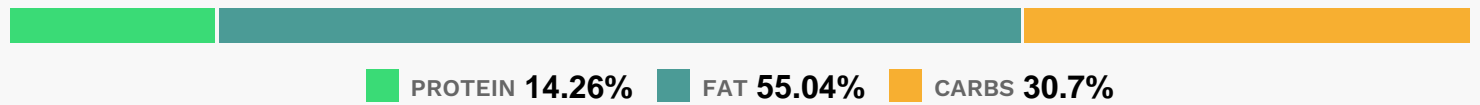
- frying pan

oven

Directions

- Heat oven to 400F.
- Mix first 3 ingredients until well blended.
- Combine remaining ingredients in shallow pan.
- Drizzle with wine mixture; toss to coat.
- Bake 55 min. or until potatoes are tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:10.43478263947%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 383.15kcal (19.16%), Fat: 21.87g (33.65%), Saturated Fat: 7.85g (49.08%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 25.42g (9.24%), Sugar: 8.52g (9.47%), Cholesterol: 52.92mg (17.64%), Sodium: 734.75mg (31.95%), Alcohol: 3.09g (100%), Alcohol %: 1.64% (100%), Protein: 12.75g (25.49%), Vitamin B1: 0.47mg (31.27%), Selenium: 14.06µg (20.08%), Potassium: 672.26mg (19.21%), Vitamin B3: 3.75mg (18.77%), Vitamin B6: 0.35mg (17.55%), Phosphorus: 173.27mg (17.33%), Vitamin C: 10.73mg (13.01%), Vitamin B12: 0.74µg (12.35%), Zinc: 1.85mg (12.34%), Manganese: 0.24mg (12.01%), Iron: 1.94mg (10.78%), Copper: 0.21mg (10.37%), Magnesium: 37.23mg (9.31%), Vitamin B2: 0.15mg (8.97%), Fiber: 2.03g (8.13%), Vitamin B5: 0.65mg (6.53%), Folate: 23.61µg (5.9%), Calcium: 30.29mg (3.03%), Vitamin K: 2.96µg (2.82%)