



Hot Sausage Pot



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 fluid ounce beer canned
- 2 cups chicken broth
- 2 cloves garlic peeled chopped
- 1 medium bell pepper green chopped
- 0.3 cup green onions chopped
- 16 ounce spicy ground pork sausage
- 1 habanero pepper seeded chopped
- 1 jalapeno finely chopped

- 6 large potatoes peeled chopped
- 1 medium bell pepper red chopped
- 1 chile peppers red seeded chopped
- 1 large onion red chopped
- 6 servings salt and pepper to taste
- 1 large onion sweet chopped
- 1 medium bell pepper yellow chopped

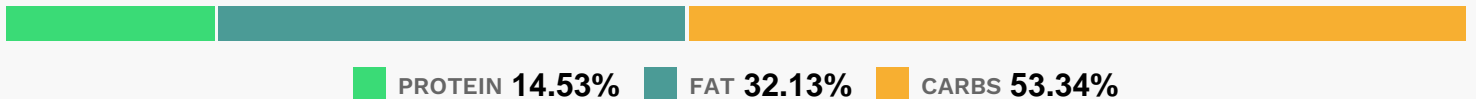
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large, deep skillet over medium high heat, cook sausage in the beer until evenly browned.
- Drain, and set aside.
- In a large baking dish, mix sausage, potatoes, green bell pepper, red bell pepper, yellow bell pepper, sweet onion, red onion, jalapeno pepper, habanero pepper, red chile pepper, green onions, and garlic. Season with salt and pepper. Stir in chicken broth.
- Cover, and bake in the preheated oven 1 hour, or until all vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:67.54, Glycemic Load:49.21, Inflammation Score:-9, Nutrition Score:29.488260797832%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-

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Nutrients (% of daily need)

Calories: 590.71kcal (29.54%), Fat: 20.81g (32.02%), Saturated Fat: 6.8g (42.51%), Carbohydrates: 77.75g (25.92%), Net Carbohydrates: 67.56g (24.57%), Sugar: 8.76g (9.73%), Cholesterol: 56mg (18.67%), Sodium: 998.38mg (43.41%), Alcohol: 2.31g (100%), Alcohol %: 0.4% (100%), Protein: 21.18g (42.35%), Vitamin C: 171.99mg (208.47%), Vitamin B6: 1.65mg (82.37%), Potassium: 2032.91mg (58.08%), Vitamin B3: 8.65mg (43.26%), Fiber: 10.19g (40.76%), Vitamin B1: 0.59mg (39.53%), Manganese: 0.79mg (39.38%), Phosphorus: 365.52mg (36.55%), Magnesium: 116.87mg (29.22%), Copper: 0.56mg (27.92%), Folate: 101.21µg (25.3%), Iron: 4.39mg (24.39%), Zinc: 3.04mg (20.26%), Vitamin K: 20.35µg (19.38%), Vitamin B2: 0.33mg (19.33%), Vitamin A: 954.65IU (19.09%), Vitamin B5: 1.86mg (18.58%), Vitamin B12: 0.67µg (11.17%), Calcium: 83.88mg (8.39%), Vitamin D: 0.98µg (6.55%), Vitamin E: 0.78mg (5.23%), Selenium: 2.44µg (3.49%)