



Italian Sausage-Mashed Potato Pie

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



322 kcal

Ingredients

- 1 lb sausage meat italian
- 1 teaspoon basil dried
- 2 eggs beaten
- 0.8 cup milk
- 0.5 cup onion chopped
- 2 oz parmesan shredded
- 1 cup pasta sauce
- 1 pouch roasted garlic mashed betty crocker® (from 7.2-oz box)
- 0.5 cup water

Equipment

- frying pan
- oven

Directions

- Heat oven to 375°F. Spray 9-inch glass pie plate. Cook 1 pouch potatoes as directed on box—except use 3/4 cup milk and 1/2 cup water; omit margarine. After 5-minute stand time, stir in eggs.
- Spread cooked potatoes in bottom and up sides of pie plate, forming a crust.
- Meanwhile, in 12-inch skillet, cook sausage and onion over medium-high heat, stirring frequently, until sausage is no longer pink; drain. Stir in pasta sauce and basil. Reduce heat to low; cook about 2 minutes, stirring occasionally, until hot.
- Pour into potato-lined pie plate.
- Bake about 25 minutes or until crust edges just begin to turn golden brown.
- Sprinkle with cheese.
- Bake about 5 minutes longer or until cheese is melted.
- Let stand 5 minutes before serving.

Nutrition Facts

PROTEIN 22.91% **FAT 70.36%** **CARBS 6.73%**

Properties

Glycemic Index:32.5, Glycemic Load:1.61, Inflammation Score:-4, Nutrition Score:10.813913106918%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 321.91kcal (16.1%), Fat: 25.01g (38.48%), Saturated Fat: 9.25g (57.83%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.62g (4.02%), Cholesterol: 119.08mg (39.69%), Sodium: 859.84mg (37.38%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.64%), Phosphorus: 243.09mg (24.31%), Vitamin B3: 4.05mg (20.27%), Calcium: 177.83mg (17.78%), Vitamin B12: 1.05µg (17.52%), Vitamin B6: 0.34mg (17.19%), Vitamin B1: 0.25mg (16.73%), Zinc: 2.34mg (15.62%), Vitamin B2: 0.26mg (15.59%), Potassium: 407.96mg (11.66%), Vitamin D: 1.66µg (11.06%), Selenium: 7.55µg (10.78%), Vitamin B5: 1.03mg (10.34%), Iron: 1.75mg (9.7%), Vitamin A: 437.44IU (8.75%), Magnesium: 29.04mg (7.26%), Vitamin E: 0.94mg (6.28%), Copper: 0.12mg (6.15%), Vitamin C: 4.43mg (5.37%), Manganese: 0.09mg (4.55%), Vitamin K: 4.66µg (4.43%), Folate: 15.04µg (3.76%), Fiber: 0.91g (3.62%)