



Jolean's Cheese Potato & Smoked Sausage Casserole

♥♥ Popular

READY IN



60 min.

SERVINGS



4

CALORIES



815 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 4 tablespoons flour
- ☐ 3 cups idaho potatoes boiled peeled cut into cubes when cool, approx. 1 lb
- ☐ 2 cups milk
- ☐ 0.1 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 1 lb sausage smoked skinless (Eckrich is my favorite brand)
- ☐ 0.5 cup sharp cheddar cheese shredded
- ☐ 0.5 lb velveeta diced

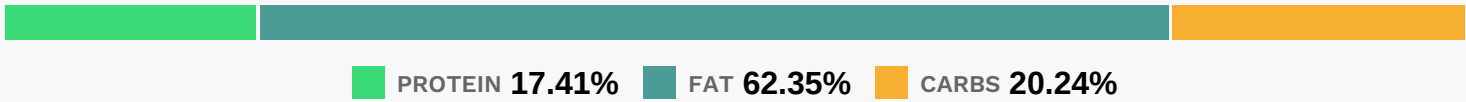
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Cut skinless smoked sausage in half, lengthwise, and then chop into 1/2 inch "half moon" cuts. Cook in a frying pan for about 15 minutes, turning frequently to SLIGHTLY brown.2 Meanwhile, put cooked & diced potatoes in 2 quart casserole.
- ☐ Add cooked meat and give it a gentle toss.3
- ☐ Mix all remaining ingredients (except for shredded cheddar cheese & the paprika) in a saucepan over medium heat until warm, melted and smooth. (Use a whisk and stir constantly.).4
- ☐ Pour white/cheese sauce over potatoes and meat.
- ☐ Sprinkle shredded sharp cheddar cheese on top, and then sprinkle paprika evenly over the top.5
- ☐ Bake in preheated 350°F oven for 35–45 minutes (watch, until golden brown on top).6 NOTE: You can substitute: 1/2 lb. hot dogs, sliced into 1/2–inch slices OR 1/2 lb. ham diced into 1/2–inch dices OR 12 oz. can of Spam diced into 1/2–inch dices, instead of the smoked sausage.

Nutrition Facts



Properties

Glycemic Index:80.44, Glycemic Load:22.41, Inflammation Score:-7, Nutrition Score:25.620000072148%

Nutrients (% of daily need)

Calories: 815.08kcal (40.75%), Fat: 56.36g (86.72%), Saturated Fat: 26.69g (166.8%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 39.43g (14.34%), Sugar: 11.47g (12.74%), Cholesterol: 163.19mg (54.4%), Sodium: 2386.15mg (103.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.42g (70.83%), Phosphorus: 963.58mg (96.36%), Calcium: 603.3mg (60.33%), Vitamin B2: 0.87mg (51.29%), Vitamin B12: 2.54µg (42.41%), Zinc: 5.22mg (34.8%), Selenium: 24.31µg (34.73%), Vitamin B1: 0.52mg (34.63%), Vitamin B6: 0.67mg (33.52%), Potassium: 1087.47mg (31.07%), Vitamin B3: 5.42mg (27.08%), Vitamin A: 1278.4IU (25.57%), Vitamin D: 2.67µg (17.83%), Magnesium: 60.2mg (15.05%), Manganese: 0.29mg (14.69%), Iron: 2.58mg (14.34%), Vitamin B5: 1.4mg (14.03%), Copper: 0.2mg (10.15%), Folate: 37.45µg (9.36%), Vitamin C: 6.47mg (7.84%), Fiber: 1.72g (6.87%), Vitamin K: 3.99µg (3.8%), Vitamin E: 0.53mg (3.51%)