



Kielbasa and Potato Bake

 Gluten Free

READY IN



105 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 tablespoon garlic minced
- 0.5 teaspoon ground pepper black
- 2 cups milk
- 4 large russet potatoes cubed peeled
- 1 teaspoon salt
- 1 pound kielbasa sausage sliced thin

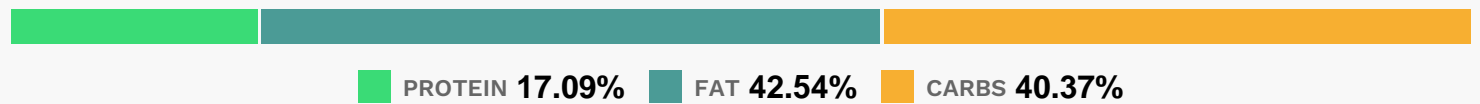
Equipment

- baking sheet
- oven
- mixing bowl
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large mixing bowl, mix together soup, milk, garlic, salt, and pepper. Stir in potatoes and kielbasa. Spoon into a 7x11 inch casserole dish.
- Place casserole on a baking sheet, and bake in the preheated oven for 90 minutes, or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:27.41, Inflammation Score:-4, Nutrition Score:14.496956358785%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 379.76kcal (18.99%), Fat: 18.07g (27.79%), Saturated Fat: 6.63g (41.43%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 36.05g (13.11%), Sugar: 4.09g (4.54%), Cholesterol: 50.05mg (16.68%), Sodium: 953.98mg (41.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.67%), Vitamin B6: 0.88mg (43.76%), Potassium: 1055.21mg (30.15%), Phosphorus: 252.4mg (25.24%), Vitamin B3: 4.99mg (24.96%), Vitamin B1: 0.35mg (23.41%), Manganese: 0.44mg (22.13%), Zinc: 2.45mg (16.32%), Copper: 0.31mg (15.46%), Magnesium: 60.83mg (15.21%), Vitamin B12: 0.87µg (14.54%), Vitamin B2: 0.24mg (14.02%), Iron: 2.51mg (13.97%), Vitamin C: 11.23mg (13.61%), Vitamin B5: 1.24mg (12.43%), Calcium: 108.19mg (10.82%), Fiber: 2.53g (10.11%), Vitamin D: 1.41µg (9.39%), Folate: 29.11µg (7.28%), Vitamin K: 3.95µg (3.76%), Selenium: 2.05µg (2.92%), Vitamin A: 143.96IU (2.88%), Vitamin E: 0.16mg (1.06%)