



Mashed Potato and Sausage Casserole

 Dairy Free

READY IN



70 min.

SERVINGS



5

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb sausage meat
- 12 oz savory vegetable mixed frozen
- 1 cup beef broth (from 14 oz can)
- 3 tablespoons flour all-purpose
- 1 pouch potatoes mashed
- 1 serving potatoes for on potato mix pouch

Equipment

- bowl

- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 425°F. Spray with cooking spray 8-inch square (2-quart) glass baking dish. In 10-inch skillet, cook sausage over medium-high heat, stirring frequently, until no longer pink; drain. In baking dish, mix sausage and frozen vegetables. In small bowl, mix broth and flour until smooth; pour over sausage mixture. Gently stir.
- Cover with foil; bake 35 to 45 minutes, stirring occasionally, until mixture is hot, bubbly and slightly thickened.
- Make potatoes as directed on pouch using water, milk and butter.
- Let stand 3 to 5 minutes. Spoon onto sausage mixture.
- Bake uncovered 8 to 10 minutes longer or until potatoes begin to brown.

Nutrition Facts

PROTEIN 19.97% **FAT 64.98%** **CARBS 15.05%**

Properties

Glycemic Index:46.35, Glycemic Load:5.41, Inflammation Score:-9, Nutrition Score:12.960434747779%

Nutrients (% of daily need)

Calories: 339.93kcal (17%), Fat: 24.57g (37.8%), Saturated Fat: 8.11g (50.67%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 9.95g (3.62%), Sugar: 0.02g (0.02%), Cholesterol: 65.32mg (21.77%), Sodium: 787.82mg (34.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.98%), Vitamin A: 3523.08IU (70.46%), Vitamin B3: 5.77mg (28.87%), Vitamin B1: 0.37mg (24.73%), Vitamin B6: 0.35mg (17.59%), Phosphorus: 174.14mg (17.41%), Zinc: 2.31mg (15.39%), Vitamin B12: 0.8µg (13.41%), Vitamin B2: 0.2mg (11.83%), Potassium: 403mg (11.51%), Fiber: 2.86g (11.44%), Iron: 1.95mg (10.82%), Manganese: 0.21mg (10.33%), Vitamin C: 7.91mg (9.59%), Vitamin D: 1.18µg (7.86%), Magnesium: 31.16mg (7.79%), Vitamin B5: 0.75mg (7.54%), Folate: 29.96µg (7.49%), Copper: 0.13mg (6.51%), Selenium: 2.16µg (3.09%), Calcium: 28.81mg (2.88%), Vitamin E: 0.18mg (1.17%)