



## Mashed Potato and Sausage Casserole

 Dairy Free

READY IN



70 min.

SERVINGS



5

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

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

### Equipment

- bowl

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

## Directions

- Heat oven to 425F. 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 19.95%** **FAT 64.86%** **CARBS 15.19%**

## Properties

Glycemic Index:46.35, Glycemic Load:5.51, Inflammation Score:-9, Nutrition Score:12.99913031122%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 340.55kcal (17.03%), Fat: 24.57g (37.8%), Saturated Fat: 8.11g (50.67%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 10.07g (3.66%), Sugar: 0.03g (0.03%), Cholesterol: 65.32mg (21.77%), Sodium: 787.87mg (34.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17g (34.01%), Vitamin A: 3523.09IU (70.46%), Vitamin B3: 5.78mg (28.91%), Vitamin B1: 0.37mg (24.77%), Vitamin B6: 0.35mg (17.71%), Phosphorus: 174.59mg (17.46%), Zinc: 2.31mg (15.4%), Vitamin B12: 0.8µg (13.41%), Vitamin B2: 0.2mg (11.84%), Potassium: 406.37mg (11.61%), Fiber: 2.88g (11.51%), Iron: 1.95mg (10.86%), Manganese: 0.21mg (10.39%), Vitamin C: 8.07mg (9.78%), Vitamin D: 1.18µg (7.86%), Magnesium: 31.34mg (7.84%), Vitamin B5: 0.76mg (7.56%), Folate: 30.09µg (7.52%), Copper: 0.13mg

(6.55%), Selenium: 2.16 $\mu$ g (3.09%), Calcium: 28.9mg (2.89%), Vitamin E: 0.18mg (1.17%)