



Merguez Sausages with Scalloped Potatoes

READY IN

ready

45 min.

SERVINGS

servings

7

CALORIES

calories

739 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.3 cups fat-skimmed chicken broth
- ☐ 5 cloves garlic peeled chopped
- ☐ 0.5 teaspoon fresh-ground pepper
- ☐ 1.5 pounds lamb sausages fresh spicy beef; see notes
- ☐ 8 oz onion peeled
- ☐ 7 servings parsley chopped
- ☐ 1.5 teaspoons salt
- ☐ 2 cups whipping cream

☐ 4 pounds yukon gold potatoes peeled halved thinly sliced

Equipment

☐ frying pan

☐ oven

Directions

☐ In a 10- to 12-inch ovenproof frying pan (with sides at least 2 1/2 in. tall) over medium-high heat, melt butter.

☐ Add sausages and turn until browned all over, 5 to 8 minutes.

☐ Transfer to a plate.

☐ Reduce heat to medium, add onion and garlic to pan, and stir occasionally until slightly browned, 5 to 8 minutes.

☐ Pour in cream and 1 1/4 cups broth; stir in salt and pepper.

☐ Add potatoes. (Liquid should just cover; if it doesn't, add more broth.) Bring to a simmer over medium-high heat, gently stirring occasionally. Lower heat and barely simmer, uncovered, until potatoes are tender when pierced, about 20 minutes (do not boil).

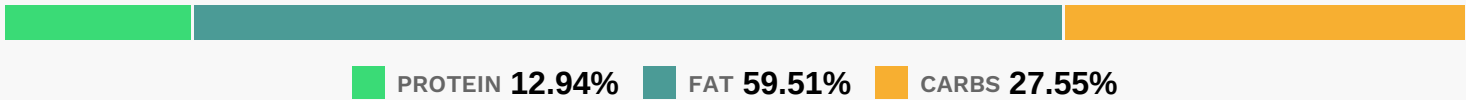
☐ Arrange sausages on potato mixture and transfer pan to a 350 oven.

☐ Bake until cream mixture has thickened and is well browned on top and sausages are cooked through (cut to test), 40 to 45 minutes.

☐ Sprinkle with parsley.

☐ Serve potatoes and sausages from pan.

Nutrition Facts



Properties

Glycemic Index:36.39, Glycemic Load:34.07, Inflammation Score:-9, Nutrition Score:29.378261006397%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 738.79kcal (36.94%), Fat: 49.31g (75.85%), Saturated Fat: 26.66g (166.64%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 44.88g (16.32%), Sugar: 5.5g (6.11%), Cholesterol: 152.09mg (50.7%), Sodium: 772.16mg (33.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.25%), Vitamin K: 76.74µg (73.09%), Vitamin C: 59.86mg (72.55%), Vitamin B6: 0.99mg (49.5%), Vitamin B3: 8.9mg (44.51%), Potassium: 1464.29mg (41.84%), Vitamin B12: 2.44µg (40.64%), Phosphorus: 359.94mg (35.99%), Selenium: 22.48µg (32.12%), Zinc: 4.36mg (29.1%), Vitamin A: 1393.35IU (27.87%), Manganese: 0.52mg (26.19%), Fiber: 6.47g (25.86%), Vitamin B2: 0.44mg (25.85%), Vitamin B1: 0.35mg (23.57%), Magnesium: 91.26mg (22.82%), Iron: 4.02mg (22.36%), Copper: 0.42mg (21.03%), Folate: 74.48µg (18.62%), Vitamin B5: 1.69mg (16.94%), Calcium: 111.43mg (11.14%), Vitamin D: 1.19µg (7.9%), Vitamin E: 0.93mg (6.21%)