



New Potatoes with Onions and Spicy Sausage



Gluten Free



Dairy Free

READY IN



79 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 14 ounce lower-sodium chicken broth fat-free canned
- ☐ 8 small onions boiling peeled (root end left intact)
- ☐ 18 ounces and potatoes red yellow halved lengthwise

- ☐ 4 ounces linguica sausage diced
- ☐ 1 teaspoon paprika sweet
- ☐ 3 cups water
- ☐ 2 teaspoons vinegar white

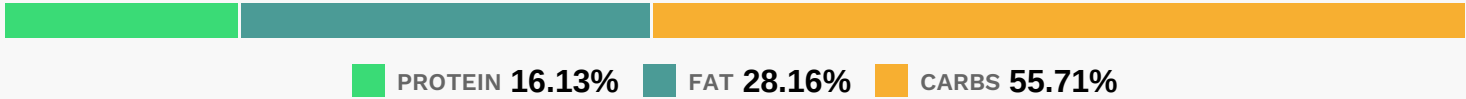
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Remove grill rack, and set aside. Prepare grill for indirect grilling, heating one side to medium-high and leaving one side with no heat.
- ☐ Place grill rack on grill.
- ☐ Combine 3 cups water, Dijon mustard, and the next 5 ingredients (through bay leaves) in a large saucepan. Bring to a boil, and cook for 2 minutes.
- ☐ Add potatoes and onions; bring to a boil. Reduce heat to low, and simmer for 12 minutes.
- ☐ Remove from heat, and let stand for 10 minutes in cooking liquid; drain.
- ☐ Cut onions in half.
- ☐ Pierce the bottom of a disposable aluminum foil pan several times with the tip of a knife.
- ☐ Place the potatoes and onions in pan, and coat with cooking spray.
- ☐ Place pan on grill rack over unheated side of grill; cover grill, and cook for 25 minutes or until lightly browned.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage, and saut for 4 minutes or until lightly browned.
- ☐ Combine sausage, potato mixture, parsley, and salt in a large bowl; toss gently.

Nutrition Facts



Properties

Glycemic Index:37.47, Glycemic Load:9.64, Inflammation Score:-5, Nutrition Score:7.0369565331418%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 14.66mg, Quercetin: 14.66mg, Quercetin: 14.66mg, Quercetin: 14.66mg

Nutrients (% of daily need)

Calories: 127.18kcal (6.36%), Fat: 4.07g (6.27%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 15.24g (5.54%), Sugar: 3.56g (3.96%), Cholesterol: 10.21mg (3.4%), Sodium: 379.28mg (16.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin C: 18.63mg (22.59%), Vitamin B6: 0.33mg (16.37%), Potassium: 521.92mg (14.91%), Fiber: 2.9g (11.6%), Manganese: 0.21mg (10.73%), Vitamin K: 10.11µg (9.62%), Vitamin B1: 0.13mg (8.73%), Phosphorus: 81.36mg (8.14%), Vitamin B3: 1.48mg (7.42%), Magnesium: 27.27mg (6.82%), Copper: 0.13mg (6.29%), Folate: 24.97µg (6.24%), Iron: 0.97mg (5.37%), Vitamin A: 234.78IU (4.7%), Zinc: 0.67mg (4.43%), Vitamin B5: 0.39mg (3.9%), Vitamin B2: 0.06mg (3.76%), Calcium: 31.88mg (3.19%), Selenium: 1.85µg (2.64%), Vitamin B12: 0.12µg (2.01%), Vitamin D: 0.18µg (1.23%), Vitamin E: 0.17mg (1.16%)