



Polish Meat and Potatoes

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon garlic powder
- 2 bell peppers green cut into 1 inch pieces
- 1 onion chopped
- 0.5 teaspoon onion powder
- 4 potatoes peeled cut into 1 inch cubes
- 0.5 teaspoon salt
- 16 ounce kielbasa sausage cut into 1 inch pieces

0.3 cup vegetable oil

Equipment

frying pan

Directions

Heat oil in a large skillet over medium-high heat. Cook onions and potatoes for 15 minutes, stirring occasionally. Reduce flame to med and stir in bell pepper, onion powder, garlic powder, salt and pepper. Cover, and cook 5 minutes. Stir in kielbasa, cover, and cook for 15 minutes, or until onions are caramelized.

Nutrition Facts



PROTEIN 13.57% **FAT 60.23%** **CARBS 26.2%**

Properties

Glycemic Index:46.44, Glycemic Load:28.01, Inflammation Score:-7, Nutrition Score:23.750000031098%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg

Nutrients (% of daily need)

Calories: 654.49kcal (32.72%), Fat: 44.04g (67.75%), Saturated Fat: 12.16g (75.98%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 36.82g (13.39%), Sugar: 4.28g (4.76%), Cholesterol: 81.65mg (27.22%), Sodium: 1027.99mg (44.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.66%), Vitamin C: 92.69mg (112.35%), Vitamin B6: 1.15mg (57.5%), Vitamin B3: 7.9mg (39.5%), Potassium: 1330.89mg (38.03%), Vitamin B1: 0.53mg (35.45%), Vitamin K: 34.29µg (32.65%), Phosphorus: 296.93mg (29.69%), Fiber: 6.27g (25.07%), Manganese: 0.46mg (23.16%), Zinc: 3.23mg (21.51%), Magnesium: 74.36mg (18.59%), Copper: 0.36mg (18.01%), Iron: 3.23mg (17.94%), Vitamin B12: 0.96µg (16.06%), Vitamin B5: 1.49mg (14.9%), Vitamin B2: 0.23mg (13.62%), Folate: 46.75µg (11.69%), Vitamin E: 1.58mg (10.54%), Vitamin D: 1.47µg (9.83%), Vitamin A: 310.69IU (6.21%), Calcium: 50.03mg (5%), Selenium: 0.91µg (1.3%)