



## Potato, Broccoli and Sausage Skillet

 Gluten Free

READY IN



38 min.

SERVINGS



6

CALORIES



323 kcal

SIDE DISH

### Ingredients

- 2 cups broccoli florets frozen
- 2 tablespoons butter
- 0.7 cup milk
- 4.7 oz potatoes
- 0.5 cup salsa thick (any variety)
- 2 cups sausage fully cooked sliced reduced-fat (from 1-lb ring)
- 2 cups water hot

### Equipment

frying pan

sauce pan

## Directions

Stir Sauce

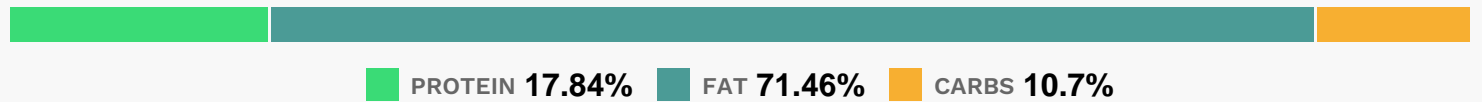
Mix, hot water, milk, margarine and Potatoes in 12-inch skillet or 3-quart saucepan.

Heat just to boiling, stirring occasionally.

Add sausage and salsa; stir until well mixed. Reduce heat; cover and simmer about 20 minutes, stirring frequently.

Stir in broccoli. Cover; cook 8 minutes longer or until potatoes and broccoli are tender (sauce will thicken as it stands).

## Nutrition Facts



## Properties

Glycemic Index:30.29, Glycemic Load:3.71, Inflammation Score:-5, Nutrition Score:12.393478206966%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

## Nutrients (% of daily need)

Calories: 323.26kcal (16.16%), Fat: 25.72g (39.57%), Saturated Fat: 8.27g (51.66%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 6.99g (2.54%), Sugar: 2.82g (3.13%), Cholesterol: 60.03mg (20.01%), Sodium: 713.29mg (31.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.9%), Vitamin C: 32.41mg (39.28%), Vitamin K: 32.67µg (31.11%), Vitamin B3: 4.41mg (22.05%), Vitamin B6: 0.41mg (20.75%), Vitamin B1: 0.28mg (18.63%), Phosphorus: 174.53mg (17.45%), Potassium: 483.45mg (13.81%), Zinc: 2.06mg (13.75%), Vitamin B12: 0.82µg (13.69%), Vitamin A: 563.41IU (11.27%), Vitamin B2: 0.18mg (10.88%), Vitamin B5: 0.92mg (9.18%), Vitamin D: 1.32µg (8.82%), Iron: 1.36mg (7.56%), Magnesium: 29.95mg (7.49%), Calcium: 67.2mg (6.72%), Fiber: 1.67g (6.67%), Manganese: 0.13mg (6.36%), Folate: 24.37µg (6.09%), Copper: 0.12mg (5.89%), Vitamin E: 0.81mg (5.41%), Selenium: 1.54µg (2.19%)