



 **17%**
HEALTH SCORE

Potato Kielbasa Skillet

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound potatoes - remove skin red cut into 1-inch pieces (3-4 medium)
- 3 tablespoons water
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 2 tablespoons apple cider vinegar
- 1 tablespoon dijon mustard
- 1.5 teaspoons thyme sprigs dried fresh minced
- 0.3 teaspoon pepper

- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 0.8 pound kielbasa smoked cut into 1/4-inch slices
- 4 cups baby spinach fresh
- 5 bacon crumbled cooked

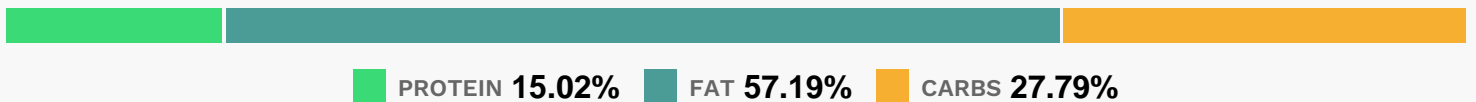
Equipment

- frying pan
- microwave

Directions

- Place potatoes and water in a microwave-safe dish. Microwave, covered, on high until potatoes are tender, 3–4 minutes; drain.
- Meanwhile, mix brown sugar, vinegar, mustard, thyme and pepper. In a large skillet, heat oil over medium–high heat; saute onion and kielbasa until onion is tender.
- Add potatoes; cook and stir until lightly browned, 3–5 minutes. Stir in brown sugar mixture; bring to a boil. Reduce heat; simmer, uncovered, 2 minutes, stirring occasionally. Stir in spinach until wilted. Stir in bacon.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:23.872608695652%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 499.81kcal (24.99%), Fat: 31.88g (49.04%), Saturated Fat: 10.55g (65.94%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 31.62g (11.5%), Sugar: 14.16g (15.73%), Cholesterol: 69.43mg (23.14%), Sodium: 1003.65mg (43.64%), Protein: 18.83g (37.66%), Vitamin K: 150.64µg (143.46%), Vitamin A: 2864.12IU (57.28%), Vitamin B1: 0.62mg (41%), Selenium: 22.52µg (32.18%), Potassium: 997.35mg (28.5%), Manganese: 0.57mg (28.47%), Vitamin B3: 5.57mg (27.85%), Vitamin C: 21.73mg (26.34%), Vitamin B6: 0.5mg (25.04%), Phosphorus: 250.26mg (25.03%), Folate: 84.85µg (21.21%), Iron: 3.32mg (18.47%), Magnesium: 70.44mg (17.61%), Zinc: 2.56mg (17.08%), Vitamin B12: 0.94µg (15.71%), Copper: 0.3mg (15.12%), Vitamin B2: 0.25mg (14.86%), Fiber: 3.23g (12.9%), Vitamin B5: 0.89mg (8.87%), Vitamin E: 1.18mg (7.9%), Calcium: 73.76mg (7.38%)