



Potato "Risotto" with Sausage and Broccoli

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



482 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 lb broccoli florets
- ☐ 0.8 pound chicken-apple sausages uncooked
- ☐ 1 tablespoon sage leaves fresh chopped
- ☐ 5 cups hash-brown-cut potatoes shredded frozen ()
- ☐ 2.5 cups nonfat milk
- ☐ 0.5 lb onion peeled finely chopped
- ☐ 4 servings salt

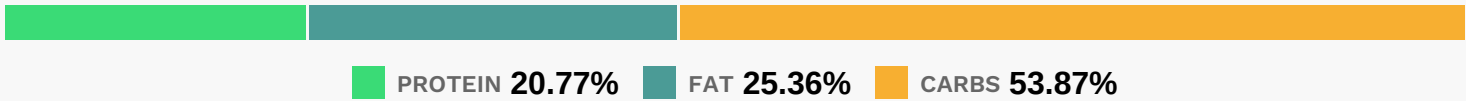
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Discard sausage casings. In a 10- to 12-inch nonstick frying pan over high heat, stir sausages until broken up and no longer pink, about 5 minutes.
- ☐ Add broccoli florets; stir until sausages are well browned and broccoli is tender-crisp to bite, 3 to 5 minutes more.
- ☐ Pour into a bowl; keep warm.
- ☐ Add potatoes and onion to pan, reduce heat to medium-high, and stir until onion is limp, 2 to 3 minutes.
- ☐ Add sage and milk to pan, and stir just until potatoes are tender to bite, 8 to 10 minutes more.
- ☐ Pour potato mixture onto a platter; spoon sausage and broccoli mixture over it.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:30.81, Glycemic Load:17.67, Inflammation Score:-8, Nutrition Score:27.965651885323%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 4.81mg, Kaempferol: 4.81mg, Kaempferol: 4.81mg, Kaempferol: 4.81mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg

Nutrients (% of daily need)

Calories: 481.55kcal (24.08%), Fat: 14.08g (21.67%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 67.32g (22.44%), Net Carbohydrates: 61.1g (22.22%), Sugar: 12.12g (13.47%), Cholesterol: 64.64mg (21.55%), Sodium: 1205.42mg (52.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.96g (51.92%), Copper: 4.86mg (243%), Vitamin C: 77.49mg (93.92%), Vitamin K: 58.06µg (55.3%), Manganese: 0.73mg (36.49%), Potassium: 1272.23mg (36.35%), Phosphorus: 341.64mg (34.16%), Calcium: 278.02mg (27.8%), Vitamin B1: 0.41mg (27.41%), Vitamin B3: 4.98mg (24.88%), Fiber: 6.22g (24.88%), Vitamin B6: 0.48mg (24.22%), Iron: 4mg (22.21%), Vitamin A: 966.97IU (19.34%),

Vitamin B2: 0.32mg (18.87%), Vitamin B5: 1.79mg (17.89%), Magnesium: 67.38mg (16.85%), Folate: 60.06µg (15.01%),
Vitamin B12: 0.89µg (14.8%), Vitamin D: 1.68µg (11.23%), Zinc: 1.6mg (10.65%), Selenium: 5.55µg (7.93%), Vitamin E:
0.45mg (3.02%)