



Quickie sausage goulash



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 454 g sausages low-fat cut into big chunks
- ☐ 2 onions roughly chopped
- ☐ 400 g tomatoes chopped canned
- ☐ 1 tbsp tomato purée
- ☐ 1 tbsp marigold swiss vegetable bouillon powder (powdered stock)
- ☐ 1 tbsp paprika
- ☐ 1 pinch sugar good

- ☐ 4 medium floury potatoes cut into large chunks
- ☐ 2 handfuls spring greens shredded

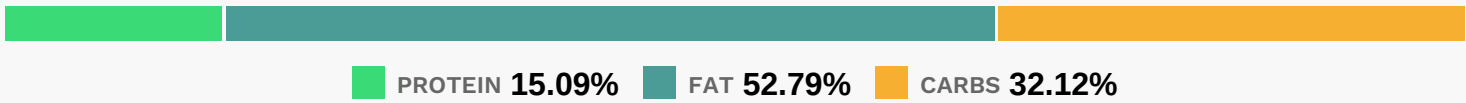
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 1 tablespoon of the oil in a large saucepan and fry the sausage chunks until evenly browned.
- ☐ Remove from the pan and set aside.
- ☐ Mix the remaining oil with the onions in the pan and cook over a high heat, stirring occasionally, for 5 minutes or until the onions are golden brown.
- ☐ Pour in the tomatoes, stirring in the bits from the bottom of the pan, then add the tomato pure. Fill the can up with water twice and pour the water into the pan.
- ☐ Sprinkle in the bouillon powder, paprika and sugar and plenty of salt and pepper. Stir well and bring to the boil.
- ☐ Tip the potatoes into the pan, cover and simmer for 10 minutes, stirring occasionally.
- ☐ Drop in the shredded greens and sausages and gently heat for 5 minutes or until the greens are tender. Taste for seasoning before serving.

Nutrition Facts



Properties

Glycemic Index:65.46, Glycemic Load:30.65, Inflammation Score:-9, Nutrition Score:27.273913248726%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.82mg, Quercetin:

12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg

Nutrients (% of daily need)

Calories: 638.07kcal (31.9%), Fat: 37.99g (58.45%), Saturated Fat: 11.16g (69.76%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 43.84g (15.94%), Sugar: 9.22g (10.25%), Cholesterol: 81.85mg (27.28%), Sodium: 1201.46mg (52.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.86%), Vitamin C: 61.1mg (74.07%), Vitamin B6: 1.25mg (62.58%), Potassium: 1647.88mg (47.08%), Vitamin B3: 9.26mg (46.32%), Vitamin B1: 0.6mg (39.75%), Phosphorus: 341.32mg (34.13%), Fiber: 8.19g (32.76%), Manganese: 0.65mg (32.72%), Vitamin A: 1390.4IU (27.81%), Iron: 4.95mg (27.47%), Copper: 0.54mg (27.15%), Magnesium: 97.16mg (24.29%), Zinc: 3.57mg (23.83%), Vitamin E: 3.11mg (20.71%), Vitamin B2: 0.31mg (18.27%), Vitamin B5: 1.83mg (18.26%), Folate: 67.74µg (16.93%), Vitamin B12: 0.98µg (16.29%), Vitamin K: 15.78µg (15.02%), Vitamin D: 1.48µg (9.84%), Calcium: 90.46mg (9.05%), Selenium: 2.08µg (2.97%)