



Sausage and Potatoes Italiano

 Gluten Free

READY IN



55 min.

SERVINGS



5

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb sausage meat italian
- ☐ 4 cups water boiling
- ☐ 1 cup milk
- ☐ 0.3 cup butter
- ☐ 9.4 oz potatoes
- ☐ 0.5 cup spring onion chopped (8 medium)
- ☐ 2 tablespoons spring onion sliced (2 medium)

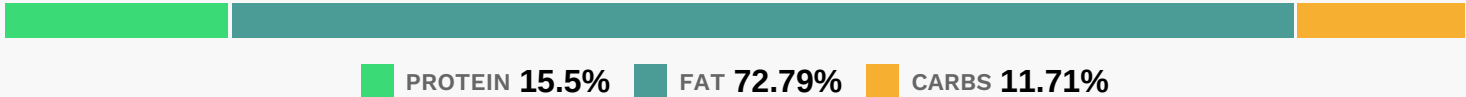
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 10-inch skillet, cook sausage over medium-high heat, stirring frequently, until no longer pink; drain.
- ☐ In large bowl, mix water, milk and margarine. Stir in 2 pouches Potatoes and 2 pouches Sauce
- ☐ Mix. Stir in sausage and 1/2 cup green onions until well blended.
- ☐ Pour potato mixture into baking dish.
- ☐ Bake uncovered 35 minutes. Top with 2 tablespoons green onions.
- ☐ Bake 5 minutes longer or until potatoes are tender.
- ☐ Let stand 5 minutes before serving (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:7.87, Inflammation Score:-6, Nutrition Score:12.449130498845%

Flavonoids

Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 431.68kcal (21.58%), Fat: 34.84g (53.6%), Saturated Fat: 10.8g (67.5%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 11.11g (4.04%), Sugar: 3.05g (3.39%), Cholesterol: 71.17mg (23.72%), Sodium: 717.19mg (31.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.39%), Vitamin K: 27.19µg (25.9%), Vitamin B3: 4.95mg (24.74%), Vitamin B6: 0.47mg (23.66%), Vitamin B1: 0.33mg (21.83%), Phosphorus: 209.34mg (20.93%), Vitamin B12: 1.05µg (17.43%), Vitamin C: 13.49mg (16.35%), Potassium: 561.55mg (16.04%), Zinc: 2.39mg (15.94%), Vitamin A:

677.78IU (13.56%), Vitamin B2: 0.21mg (12.31%), Vitamin D: 1.72µg (11.44%), Vitamin B5: 0.97mg (9.67%), Calcium: 92.6mg (9.26%), Iron: 1.61mg (8.92%), Magnesium: 35.53mg (8.88%), Copper: 0.16mg (7.92%), Fiber: 1.49g (5.98%), Manganese: 0.11mg (5.39%), Folate: 17.48µg (4.37%), Vitamin E: 0.62mg (4.15%), Selenium: 1.16µg (1.66%)