



Sausage Casserole II



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 onion sliced
- ☐ 1 pound pork sausage sliced
- ☐ 5 potatoes sliced
- ☐ 6 servings salt and pepper to taste
- ☐ 15 ounce kernel corn whole undrained canned

Equipment

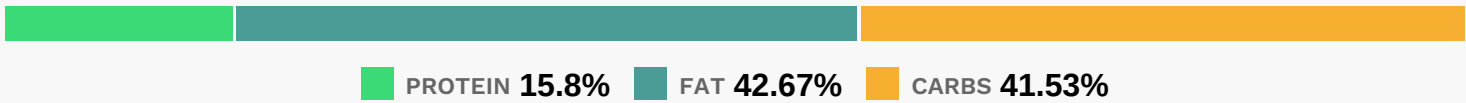
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place potato slices in the bottom of a lightly greased 9x13 inch baking dish.
- ☐ Add onion slices, corn with liquids and tomatoes with liquids. Top with sausage slices and season with salt and pepper to taste.
- ☐ Bake in the preheated oven for about 1 hour or until pork is cooked through.

Nutrition Facts



Properties

Glycemic Index:29.46, Glycemic Load:24.48, Inflammation Score:-6, Nutrition Score:18.39260876697%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 448.2kcal (22.41%), Fat: 21.44g (32.98%), Saturated Fat: 6.89g (43.04%), Carbohydrates: 46.94g (15.65%), Net Carbohydrates: 41.43g (15.06%), Sugar: 5.18g (5.75%), Cholesterol: 54.43mg (18.14%), Sodium: 891.94mg (38.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.73%), Vitamin C: 44.36mg (53.77%), Vitamin B6: 0.88mg (43.99%), Potassium: 1244.52mg (35.56%), Vitamin B3: 6.84mg (34.19%), Vitamin B1: 0.42mg (28.02%), Phosphorus: 259.53mg (25.95%), Manganese: 0.46mg (23.23%), Fiber: 5.52g (22.07%), Copper: 0.4mg (19.81%), Magnesium: 74.75mg (18.69%), Iron: 3.31mg (18.39%), Zinc: 2.57mg (17.14%), Folate: 62.1µg (15.52%), Vitamin B5: 1.25mg (12.46%), Vitamin B2: 0.2mg (11.78%), Vitamin B12: 0.64µg (10.71%), Vitamin K: 7.38µg (7.03%), Vitamin E: 1.02mg (6.81%), Vitamin D: 0.98µg (6.55%), Calcium: 57.15mg (5.72%), Vitamin A: 207.92IU (4.16%), Selenium: 1.04µg (1.48%)