



Sausage Chili Bake

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz kidney beans undrained canned
- ☐ 14.5 oz canned tomatoes undrained canned
- ☐ 1 tablespoons chili powder
- ☐ 0.5 cup cornmeal
- ☐ 2 eggs
- ☐ 1 teaspoon garlic salt
- ☐ 1 cup milk
- ☐ 0.3 cup onion chopped

- ☐ 1 lb andouille smoked cut into 1/2-inch slices
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

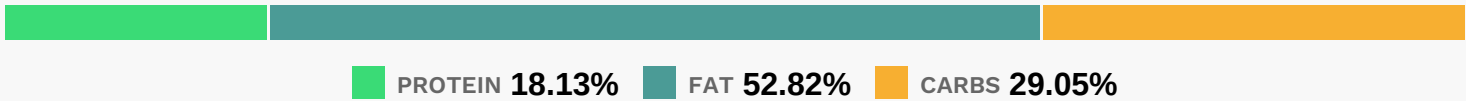
Equipment

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

Directions

- ☐ Heat oven to 350F. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook sausage and onion in skillet 4 to 5 minutes, stirring occasionally, until onion is tender. Spoon into ungreased 13x9-inch (3-quart) glass baking dish. Stir in garlic salt, chili powder, tomatoes and beans.
- ☐ In medium bowl, stir remaining ingredients until blended.
- ☐ Pour over sausage mixture.
- ☐ Bake 35 to 40 minutes or until crust is light golden brown.

Nutrition Facts



Properties

Glycemic Index:27.94, Glycemic Load:8.65, Inflammation Score:-5, Nutrition Score:12.997391265372%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 307.17kcal (15.36%), Fat: 18.15g (27.92%), Saturated Fat: 6.32g (39.51%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 17.3g (6.29%), Sugar: 5.19g (5.77%), Cholesterol: 84.84mg (28.28%), Sodium: 1019.6mg

(44.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.03%), Phosphorus: 212.85mg (21.28%), Fiber: 5.16g (20.64%), Vitamin B1: 0.3mg (19.89%), Selenium: 13.1µg (18.72%), Vitamin B12: 1.12µg (18.65%), Manganese: 0.36mg (18.09%), Vitamin B6: 0.34mg (16.94%), Vitamin B2: 0.27mg (15.95%), Vitamin B3: 3.13mg (15.64%), Zinc: 2.29mg (15.28%), Potassium: 515.71mg (14.73%), Iron: 2.58mg (14.31%), Magnesium: 50.64mg (12.66%), Copper: 0.25mg (12.53%), Vitamin A: 515.88IU (10.32%), Calcium: 85.76mg (8.58%), Vitamin B5: 0.82mg (8.18%), Folate: 32.55µg (8.14%), Vitamin E: 1.2mg (8.02%), Vitamin D: 1.18µg (7.86%), Vitamin C: 5.53mg (6.7%), Vitamin K: 6.12µg (5.83%)