



Sausage Marinara



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bulk pork sausage
- ☐ 1 bell pepper green chopped
- ☐ 32 ounce tomatoes
- ☐ 1 large onion chopped
- ☐ 6 potatoes

Equipment

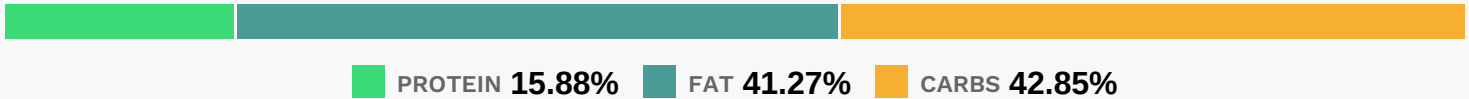
- ☐ bowl
- ☐ frying pan

- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat. Cook and stir pork sausage in the hot skillet until browned and crumbly, about 10 minutes; drain and discard grease.
- ☐ Transfer sausage to a slow cooker and stir in marinara sauce, green bell pepper, and onion. Poke several holes in each potato with a fork and wrap potatoes in aluminum foil. Push potatoes into sausage mixture.
- ☐ Cook on Low for 8 hours.
- ☐ Remove and unwrap potatoes, cut in half, and place into a serving bowl; serve sausage mixture over cooked potatoes.

Nutrition Facts



Properties

Glycemic Index:32.29, Glycemic Load:30.41, Inflammation Score:-8, Nutrition Score:23.366956576057%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 444.08kcal (22.2%), Fat: 20.76g (31.94%), Saturated Fat: 6.79g (42.43%), Carbohydrates: 48.49g (16.16%), Net Carbohydrates: 40.78g (14.83%), Sugar: 8.58g (9.53%), Cholesterol: 54.43mg (18.14%), Sodium: 1211.86mg (52.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.97g (35.94%), Vitamin C: 70.87mg (85.9%), Vitamin B6: 1.08mg (54.11%), Potassium: 1604.48mg (45.84%), Vitamin B3: 7.42mg (37.11%), Fiber: 7.72g (30.86%), Vitamin B1: 0.44mg (29.16%), Phosphorus: 275.51mg (27.55%), Manganese: 0.55mg (27.39%), Copper: 0.48mg (23.83%), Iron: 4.07mg (22.62%), Magnesium: 86.74mg (21.68%), Zinc: 2.66mg (17.73%), Vitamin B5: 1.66mg (16.55%), Vitamin E: 2.42mg (16.14%), Vitamin B2: 0.27mg (15.94%), Vitamin A: 789.53IU (15.79%), Folate: 55.18µg (13.79%), Vitamin B12: 0.64µg (10.71%), Vitamin K: 10.15µg (9.67%), Vitamin D: 0.98µg (6.55%), Calcium: 61.26mg (6.13%), Selenium: 1.67µg (2.39%)