



## Sausage Potato Bake

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce condensed vegetable beef soup canned
- 10.8 ounce cream of mushroom soup canned
- 8 cups potatoes cubed
- 1 pound andouille smoked sliced

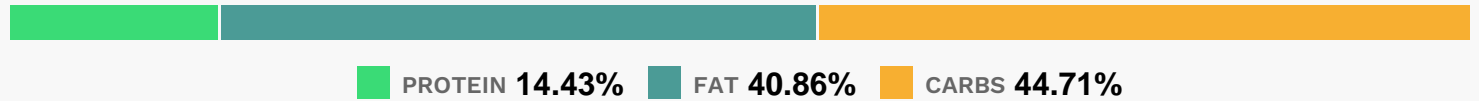
### Equipment

- oven
- casserole dish
- slow cooker

## Directions

- For oven: Preheat oven to 350 degrees F (175 degrees C).
- In a 4 quart casserole dish, combine the potatoes, kielbasa OR sausage, mushroom soup and vegetable beef soup.
- Mix together well.
- Bake at 350 degrees F (175 degrees C) for 1 1/2 hours.
- Place the potatoes, kielbasa OR sausage, mushroom soup and vegetable soup in a slow cooker.
- Cook on low setting for 6 to 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:13.96, Glycemic Load:35.81, Inflammation Score:-5, Nutrition Score:20.205652207784%

## Flavonoids

Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

## Nutrients (% of daily need)

Calories: 474.14kcal (23.71%), Fat: 21.55g (33.15%), Saturated Fat: 7.64g (47.77%), Carbohydrates: 53.05g (17.68%), Net Carbohydrates: 46.79g (17.02%), Sugar: 2.18g (2.43%), Cholesterol: 56.21mg (18.74%), Sodium: 1018mg (44.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.12g (34.23%), Vitamin C: 55.16mg (66.86%), Vitamin B6: 0.97mg (48.74%), Potassium: 1385.68mg (39.59%), Manganese: 0.61mg (30.44%), Vitamin B3: 5.85mg (29.24%), Vitamin B1: 0.43mg (28.71%), Phosphorus: 255.22mg (25.52%), Fiber: 6.26g (25.05%), Copper: 0.45mg (22.47%), Vitamin B12: 1.22µg (20.38%), Zinc: 2.97mg (19.77%), Magnesium: 77.03mg (19.26%), Iron: 3.3mg (18.31%), Selenium: 10.74µg (15.35%), Vitamin B2: 0.25mg (14.62%), Folate: 51.38µg (12.84%), Vitamin B5: 1.26mg (12.58%), Vitamin D: 0.83µg (5.54%), Vitamin K: 5.32µg (5.07%), Calcium: 40.92mg (4.09%)