



Sausage, Potato, Carrot Bake



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



390 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce baby carrots
- ☐ 4 cloves garlic crushed
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 3 tablespoons olive oil
- ☐ 1 onion cut into chunks
- ☐ 8 potatoes peeled quartered
- ☐ 2 kielbasa sausage rings cut into 2-inch pieces

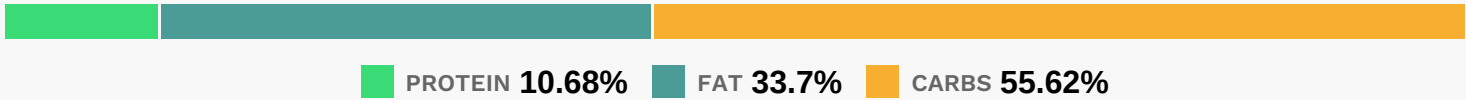
Equipment

- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix Kielbasa, potatoes, onion, baby carrots, and garlic in a roasting pan; season with salt and pepper.
- ☐ Drizzle olive oil over the mixture; stir to coat. Cover the baking dish with aluminum foil.
- ☐ Bake in preheated oven for 1 hour.
- ☐ Remove aluminum foil and bake until potatoes are completely cooked, about 30 minutes more.

Nutrition Facts



Properties

Glycemic Index:33.46, Glycemic Load:36.9, Inflammation Score:-10, Nutrition Score:22.729130433953%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 390.49kcal (19.52%), Fat: 14.85g (22.85%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 55.17g (18.39%), Net Carbohydrates: 47.44g (17.25%), Sugar: 4.81g (5.35%), Cholesterol: 20.4mg (6.8%), Sodium: 227.96mg (9.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.19%), Vitamin A: 5240.56IU (104.81%), Vitamin C: 59.11mg (71.65%), Vitamin B6: 1.01mg (50.56%), Potassium: 1391.68mg (39.76%), Fiber: 7.72g (30.89%), Manganese: 0.56mg (28.14%), Vitamin B3: 4.57mg (22.86%), Vitamin B1: 0.33mg (21.93%), Phosphorus: 219.25mg (21.92%), Magnesium: 75.57mg (18.89%), Copper: 0.38mg (18.88%), Iron: 2.99mg (16.6%), Folate: 59.49µg (14.87%), Vitamin K: 13.55µg (12.9%), Vitamin B5: 1.22mg (12.18%), Zinc: 1.56mg (10.39%), Vitamin B2: 0.15mg (8.61%), Vitamin E: 1.1mg

(7.31%), Calcium: 57.08mg (5.71%), Vitamin B12: 0.24µg (4.01%), Vitamin D: 0.37µg (2.46%), Selenium: 1.57µg (2.25%)