



Sausage Potato Medley

READY IN



70 min.

SERVINGS



6

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound sausage meat
- 3 tablespoons butter
- 0.3 cup flour all-purpose
- 2 cups milk
- 0.8 cup onion chopped
- 0.3 teaspoon pepper
- 4 cups potatoes peeled thinly sliced
- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded

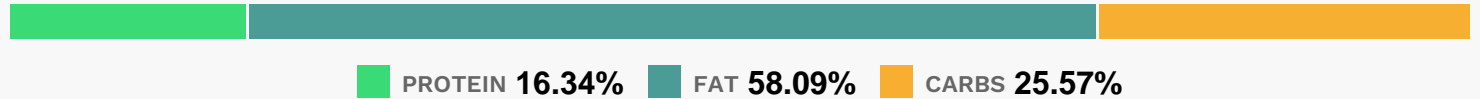
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Place potatoes in a saucepan and cover with water; cover and bring to a boil over medium-high heat. Cook for 5 minutes.
- Drain; place in a greased 2-qt. baking dish.
- In a large skillet, cook sausage and onion over medium heat until meat is no longer pink; drain. Spoon over potatoes; sprinkle with cheese.
- In a large saucepan, melt butter; stir in flour, salt and pepper until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly.
- Pour over cheese. Cover and bake at 350° for 45-50 minutes or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:60.13, Glycemic Load:22.77, Inflammation Score:-6, Nutrition Score:18.226956429689%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 540.89kcal (27.04%), Fat: 34.96g (53.79%), Saturated Fat: 15.44g (96.52%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 31.04g (11.29%), Sugar: 5.93g (6.59%), Cholesterol: 98.14mg (32.71%), Sodium: 883.44mg (38.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.13g (44.27%), Vitamin B6: 0.73mg (36.69%), Phosphorus: 363.8mg (36.38%), Vitamin C: 29.59mg (35.87%), Vitamin B1: 0.42mg (28.1%), Vitamin B3: 5.46mg (27.3%), Potassium: 951.04mg (27.17%), Calcium: 264.82mg (26.48%), Vitamin B12: 1.29µg (21.57%), Vitamin

B2: 0.37mg (21.55%), Zinc: 3.15mg (21.01%), Magnesium: 61.08mg (15.27%), Manganese: 0.3mg (14.78%), Fiber: 3.58g (14.33%), Vitamin B5: 1.36mg (13.59%), Vitamin D: 1.99µg (13.27%), Selenium: 9.25µg (13.22%), Iron: 2.26mg (12.53%), Copper: 0.22mg (11.24%), Vitamin A: 556.42IU (11.13%), Folate: 40.68µg (10.17%), Vitamin K: 4.38µg (4.17%), Vitamin E: 0.51mg (3.4%)