



Sausage Potato Stuff

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce beef sausage smoked cut into 1/2-inch slices hillshire farms® (such as)
- ☐ 8 ounce chiles green chopped canned
- ☐ 2 tablespoons olive oil
- ☐ 2 large russet potatoes peeled cut into 1-inch cubes
- ☐ 2 cups cheddar cheese shredded

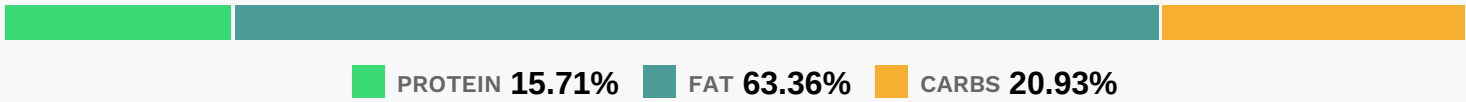
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat. Cook and stir potatoes and sausage in hot oil until the potatoes are tender, 7 to 10 minutes. Stir green chiles into the potato mixture; cook and stir another 5 minutes.
- ☐ Remove skillet from heat and sprinkle Cheddar cheese over the potato mixture.
- ☐ Place lid on the skillet and set aside until the cheese melts, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:27.94, Glycemic Load:26.59, Inflammation Score:-6, Nutrition Score:23.9708695619%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 748.72kcal (37.44%), Fat: 52.86g (81.33%), Saturated Fat: 21.01g (131.33%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 35.93g (13.06%), Sugar: 1.33g (1.48%), Cholesterol: 126.95mg (42.32%), Sodium: 1445.38mg (62.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.5g (58.99%), Phosphorus: 472.65mg (47.27%), Vitamin B6: 0.91mg (45.61%), Calcium: 450.87mg (45.09%), Selenium: 29.9µg (42.71%), Vitamin C: 29.91mg (36.25%), Vitamin B12: 2.1µg (34.95%), Zinc: 4.75mg (31.69%), Potassium: 1064.54mg (30.42%), Vitamin B2: 0.5mg (29.16%), Vitamin B1: 0.43mg (28.76%), Vitamin B3: 5.5mg (27.48%), Iron: 3.46mg (19.24%), Folate: 72.28µg (18.07%), Magnesium: 71.86mg (17.97%), Manganese: 0.33mg (16.6%), Fiber: 3.36g (13.45%), Copper: 0.27mg (13.41%), Vitamin A: 639.42IU (12.79%), Vitamin B5: 1.27mg (12.73%), Vitamin E: 1.45mg (9.67%), Vitamin D: 1.43µg (9.54%), Vitamin K: 8.89µg (8.47%)