



Sausage Potatoes Au Gratin

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



575 kcal

SIDE DISH

Ingredients

- 9 ounces broccoli frozen thawed drained
- 1 tablespoon canola oil
- 4 medium carrots julienned
- 1 medium onion chopped
- 0.3 teaspoon pepper
- 5.3 ounces potatoes
- 4 ounces cheddar cheese shredded
- 1 pound andouille smoked fully cooked halved lengthwise sliced johnsonville®

2.7 cups water

Equipment

sauce pan

Directions

In a large saucepan, cook sausage and onion in oil until lightly browned; drain. Stir in the carrots, potatoes with contents of sauce mix, water and pepper. Bring to a boil. Reduce heat; cover and simmer for 10–20 minutes or until vegetables are tender.

Stir in broccoli; cover and cook 5 minutes longer or until heated through.

Sprinkle with cheese; cover and let stand until cheese is melted.

Nutrition Facts



PROTEIN 16.45% **FAT 68.18%** **CARBS 15.37%**

Properties

Glycemic Index:62.15, Glycemic Load:8.29, Inflammation Score:-10, Nutrition Score:29.313043304112%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 574.6kcal (28.73%), Fat: 43.7g (67.24%), Saturated Fat: 16.26g (101.6%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 17.48g (6.36%), Sugar: 5.53g (6.14%), Cholesterol: 108.86mg (36.29%), Sodium: 1221.41mg (53.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.45%), Vitamin A: 10874.09IU (217.48%), Vitamin C: 69.86mg (84.68%), Vitamin K: 77.31µg (73.63%), Selenium: 24.79µg (35.41%), Phosphorus: 344.01mg (34.4%), Vitamin B12: 2.01µg (33.55%), Vitamin B1: 0.43mg (28.74%), Vitamin B6: 0.55mg (27.56%), Calcium: 274.55mg (27.46%), Zinc: 4.01mg (26.75%), Vitamin B2: 0.45mg (26.32%), Vitamin B3: 5.11mg (25.53%), Potassium: 831.38mg (23.75%), Fiber: 4.68g (18.74%), Manganese: 0.37mg (18.72%), Folate: 73.46µg (18.37%), Magnesium: 55.08mg (13.77%), Vitamin B5: 1.29mg (12.94%), Iron: 2.19mg (12.16%), Vitamin E: 1.74mg (11.57%), Copper: 0.21mg (10.7%), Vitamin D: 1.42µg (9.45%)