



Sausage Scalloped Potatoes

READY IN



40 min.

SERVINGS



6

CALORIES



372 kcal

SIDE DISH

Ingredients

- 1 pound kielbasa smoked cut into 1/4-inch slices
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 2 cups milk
- 3.5 cups potatoes - remove skin red halved thinly sliced
- 0.3 cup onion chopped
- 2 tablespoons parsley fresh minced

Equipment

- bowl
- whisk
- microwave

Directions

- Place sausage in a microwave-safe bowl. Microwave, uncovered, on high for 3 minutes.
- Drain and set aside.
- Place butter in a 2-1/2-qt. microwave-safe dish.
- Heat on high for 45-60 seconds or until melted.
- Whisk in flour, salt and pepper until smooth. Gradually whisk in milk. Microwave, uncovered, on high for 8-10 minutes or until thickened and bubbly, stirring every 2 minutes.
- Stir in potatoes and onion. Cover and microwave on high for 4 minutes; stir.
- Heat 4 minutes longer. Stir in the sausage. Cover and cook for 8-10 minutes, stirring every 4 minutes or until potatoes are tender and sausage is heated through. Stir.
- Let stand, covered, for 5 minutes.
- Sprinkle with parsley if desired.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:3.33, Inflammation Score:-4, Nutrition Score:11.969999971597%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 371.79kcal (18.59%), Fat: 28.2g (43.39%), Saturated Fat: 11.75g (73.41%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 13.67g (4.97%), Sugar: 4.78g (5.31%), Cholesterol: 72.71mg (24.24%), Sodium: 1119.69mg (48.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.15%), Vitamin B1: 0.48mg (32.31%), Selenium: 16.08µg (22.97%), Vitamin K: 23.88µg (22.74%), Phosphorus: 218.31mg (21.83%), Vitamin B12: 1.19µg (19.8%), Vitamin B3: 3.37mg (16.83%), Vitamin B2: 0.25mg (14.99%), Potassium: 522.33mg (14.92%), Vitamin B6: 0.28mg (13.92%), Zinc: 1.99mg (13.24%), Calcium: 118.96mg (11.9%), Iron: 1.63mg (9.07%), Vitamin C: 6.79mg (8.22%), Magnesium: 32.1mg (8.02%), Vitamin B5: 0.8mg (7.96%), Vitamin A: 364.35IU (7.29%), Manganese: 0.14mg (7.07%), Copper: 0.14mg (6.85%), Vitamin D: 0.89µg (5.96%), Folate: 17.41µg (4.35%), Fiber: 0.99g (3.96%), Vitamin E: 0.17mg (1.11%)