



Sausages with Warm Potato Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons dijon mustard
- 2 tablespoons parsley fresh finely chopped
- 3 tablespoons olive oil
- 12 oz pork sausage links
- 1.5 pounds potatoes red
- 4 servings salt
- 1 shallots finely chopped
- 1 teaspoon citrus champagne vinegar

Equipment

- bowl
- sauce pan
- whisk
- grill
- kitchen thermometer
- colander

Directions

- Preheat a gas grill on medium-high, covered, for 10 minutes.
- Whisk together mustard, parsley, vinegar, olive oil and shallot in a small bowl and set aside.
- Place potatoes and 1 tsp. salt in a large saucepan and cover with water. Bring to a boil, lower heat and simmer until potatoes are tender, 10 to 15 minutes.
- Drain and let cool slightly in a colander.
- Turn grill down to medium. Prick sausages in a few places with a fork and grill, turning occasionally, until an instant-read thermometer inserted into middle of one registers 160F, about 10 minutes. While sausages are cooking, cut each potato in half and transfer to a large, shallow bowl. Toss potatoes with dressing and serve immediately with sausages.

Nutrition Facts

 **PROTEIN 13.7%**  **FAT 62.61%**  **CARBS 23.69%**

Properties

Glycemic Index:30.5, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:15.745652209158%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 479.32kcal (23.97%), Fat: 33.51g (51.56%), Saturated Fat: 9.01g (56.3%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 25.12g (9.14%), Sugar: 2.78g (3.09%), Cholesterol: 61.24mg (20.41%), Sodium: 829.37mg (36.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.5g (33.01%), Vitamin K: 44.53µg (42.41%), Vitamin B3: 6.02mg (30.12%), Potassium: 1025.89mg (29.31%), Vitamin B6: 0.58mg (28.83%), Vitamin B1: 0.39mg (25.85%), Phosphorus: 229.66mg (22.97%), Vitamin C: 18.41mg (22.32%), Zinc: 2.49mg (16.6%), Copper: 0.3mg (14.85%), Manganese: 0.29mg (14.5%), Iron: 2.54mg (14.11%), Fiber: 3.4g (13.6%), Magnesium: 54.4mg (13.6%), Vitamin B12: 0.72µg (12.05%), Vitamin E: 1.73mg (11.52%), Vitamin B5: 1.09mg (10.88%), Vitamin B2: 0.16mg (9.61%), Folate: 37.03µg (9.26%), Vitamin D: 1.11µg (7.37%), Vitamin A: 248.42IU (4.97%), Selenium: 2.84µg (4.06%), Calcium: 33.58mg (3.36%)