



WHATSheATE



Slow-Cooker Harvest Sausage and Vegetable Casserole



Gluten Free



Dairy Free

READY IN



440 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons salad dressing italian
- ☐ 1 tablespoon dijon mustard
- ☐ 2 medium potatoes unpeeled cut into 1-inch slices (2 cups)
- ☐ 1.5 cups onion sliced
- ☐ 2 medium carrots cut into 1-inch slices (1 cup)
- ☐ 2 cups cabbage green chopped
- ☐ 1 lb turkey sausage smoked fully cooked cut into 1-inch slices

☐

14.5 oz tomatoes diced with green pepper, celery and onion, undrained canned

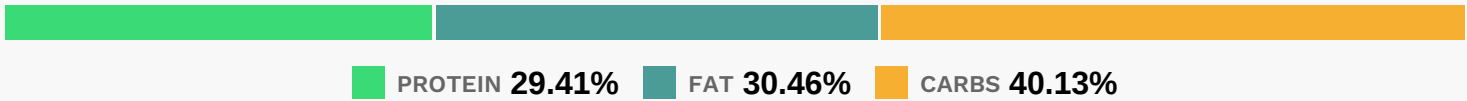
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In small bowl, mix dressing and mustard. In 3 1/2- to 4-quart slow cooker, arrange potato slices in even layer; drizzle with one-third of the dressing mixture. Arrange onion slices on potatoes; drizzle with one-third of the dressing mixture. Top with carrots and cabbage; drizzle with remaining dressing mixture.
- ☐ Arrange sausage slices on vegetables.
- ☐ Pour tomatoes in even layer over sausage.
- ☐ Cover; cook on Low heat setting 7 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:58.4, Glycemic Load:16.35, Inflammation Score:-10, Nutrition Score:26.900869390239%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.6mg, Quercetin: 13.6mg, Quercetin: 13.6mg, Quercetin: 13.6mg

Nutrients (% of daily need)

Calories: 347.98kcal (17.4%), Fat: 11.9g (18.31%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 28.99g (10.54%), Sugar: 9.57g (10.64%), Cholesterol: 85.05mg (28.35%), Sodium: 1001.06mg (43.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.85g (51.71%), Vitamin A: 5344.69IU (106.89%), Vitamin C: 52.25mg (63.34%), Vitamin B6: 1.08mg (54.19%), Vitamin K: 41.81µg (39.82%), Vitamin B3: 7.56mg (37.78%), Potassium: 1197.81mg (34.22%), Phosphorus: 323.75mg (32.37%), Zinc: 4.19mg (27.95%), Fiber: 6.28g (25.12%), Vitamin B12: 1.47µg (24.57%), Vitamin B2: 0.41mg (23.9%), Manganese: 0.46mg (23.09%), Iron: 3.62mg

(20.13%), Vitamin B1: 0.3mg (19.8%), Magnesium: 73.53mg (18.38%), Vitamin B5: 1.84mg (18.36%), Copper: 0.33mg (16.6%), Folate: 63.44µg (15.86%), Calcium: 107.78mg (10.78%), Vitamin E: 1.37mg (9.11%), Selenium: 2.34µg (3.35%)