



Slow-Cooker Sweet Potatoes and Sausage

 Gluten Free

READY IN



175 min.

SERVINGS



8

CALORIES



339 kcal

SIDE DISH

Ingredients

- 12 oz sausage meat frozen thawed
- 2 cups leek sliced
- 1 teaspoon thyme leaves dried
- 3 lb sweet potatoes and into dark peeled cut into 1/4-inch slices (8 cups)
- 1 cup parmesan shredded
- 0.3 cup chicken broth

Equipment

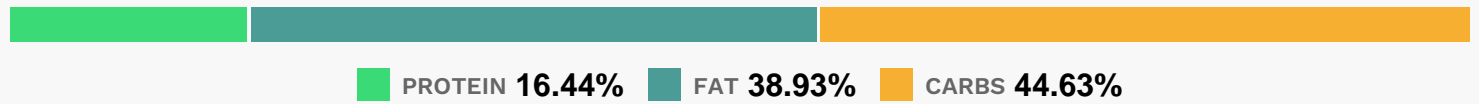
- frying pan

slow cooker

Directions

- Spray 4- to 4 1/2-quart slow cooker with cooking spray. In 10-inch skillet, cook sausage over medium-high heat until no longer pink; drain. Stir in leeks and thyme.
- In slow cooker, layer half the sweet potatoes, sausage mixture and cheese. Repeat with remaining sweet potatoes and sausage mixture.
- Pour apple juice over top; sprinkle with remaining cheese.
- Cover; cook on High heat setting 2 1/2 to 3 hours or until sweet potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:17.89, Inflammation Score:-10, Nutrition Score:18.084782579671%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 338.82kcal (16.94%), Fat: 14.68g (22.59%), Saturated Fat: 5.83g (36.46%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 32.34g (11.76%), Sugar: 8.11g (9.01%), Cholesterol: 39.26mg (13.09%), Sodium: 595.98mg (25.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.9%), Vitamin A: 24644.13IU (492.88%), Manganese: 0.56mg (27.91%), Vitamin B6: 0.55mg (27.49%), Phosphorus: 232.45mg (23.24%), Fiber: 5.54g (22.15%), Calcium: 217.29mg (21.73%), Potassium: 733.08mg (20.95%), Vitamin B1: 0.27mg (17.97%), Vitamin B5: 1.74mg (17.36%), Copper: 0.32mg (15.91%), Vitamin B3: 3.09mg (15.45%), Magnesium: 60.68mg (15.17%), Vitamin K: 13.9µg (13.24%), Vitamin B2: 0.21mg (12.31%), Zinc: 1.81mg (12.09%), Iron: 2.13mg (11.82%), Vitamin C: 7.45mg (9.03%), Folate: 34.36µg (8.59%), Vitamin B12: 0.51µg (8.55%), Selenium: 4.09µg (5.84%), Vitamin E: 0.76mg (5.05%), Vitamin D: 0.62µg (4.1%)