



Slow-Cooker Winter Root Veggie and Sausage Casserole

 Gluten Free  Dairy Free

READY IN



560 min.

SERVINGS



6

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large baking potatoes cut into 1/2-inch cubes
- 1 large rutabaga peeled cut into 1/2-inch cubes
- 2 medium carrots sliced
- 1 medium parsnips sliced
- 1 medium onion chopped
- 1 lb andouille smoked sliced
- 14.5 oz chicken broth ready-to-serve canned

- 14.5 oz canned tomatoes italian with garlic and herbs, undrained canned
- 2 teaspoons sugar
- 0.5 teaspoon thyme leaves dried
- 0.3 teaspoon pepper
- 0.3 cup parsley fresh chopped

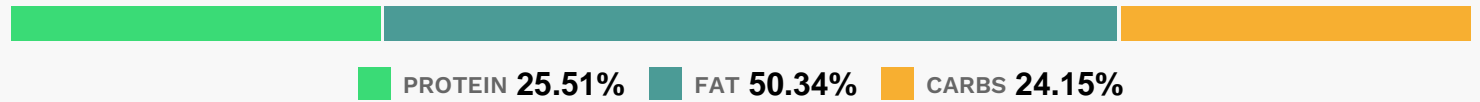
Equipment

- pot
- slow cooker

Directions

- In 3 1/2 to 4-quart Crock-Pot® Slow Cooker, combine all ingredients except parsley; mix well.
- Cover; cook on low setting for 7 to 9 hours.
- Just before serving, stir in parsley.

Nutrition Facts



Properties

Glycemic Index:73.78, Glycemic Load:13.9, Inflammation Score:-10, Nutrition Score:23.49217365099%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 466.65kcal (23.33%), Fat: 26.04g (40.07%), Saturated Fat: 8.58g (53.61%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 23.73g (8.63%), Sugar: 7.73g (8.59%), Cholesterol: 87.93mg (29.31%), Sodium: 1083.61mg (47.11%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 29.69g (59.38%), Vitamin A: 3885.41IU (77.71%), Vitamin K: 56.02µg (53.35%), Selenium: 23.76µg (33.94%), Vitamin B6: 0.65mg (32.5%), Vitamin B12: 1.83µg (30.44%), Vitamin B3: 6mg (29.98%), Phosphorus: 274mg (27.4%), Zinc: 3.93mg (26.23%), Potassium: 909.61mg

(25.99%), Vitamin C: 20.35mg (24.66%), Manganese: 0.46mg (23.24%), Vitamin B1: 0.35mg (23.05%), Iron: 3.51mg (19.51%), Fiber: 4.38g (17.5%), Vitamin B2: 0.29mg (16.84%), Copper: 0.32mg (16.08%), Magnesium: 63.36mg (15.84%), Folate: 50.45µg (12.61%), Vitamin E: 1.62mg (10.83%), Vitamin B5: 0.95mg (9.53%), Calcium: 70.91mg (7.09%), Vitamin D: 0.9µg (6%)