



Slow-Cooker Winter Root Veggie and Sausage Casserole

 Gluten Free  Dairy Free

READY IN



560 min.

SERVINGS



6

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large baking potatoes cut into 1/2-inch cubes
- 14.5 oz canned tomatoes italian with garlic and herbs, undrained canned
- 2 medium carrots sliced
- 14.5 oz chicken broth ready-to-serve canned
- 0.3 cup parsley fresh chopped
- 1 medium onion chopped
- 1 medium parsnips sliced

- 0.3 teaspoon pepper
- 1 lb andouille smoked sliced
- 2 teaspoons sugar
- 1 large sweet potatoes and into peeled cut into 1/2-inch cubes
- 0.5 teaspoon thyme leaves dried

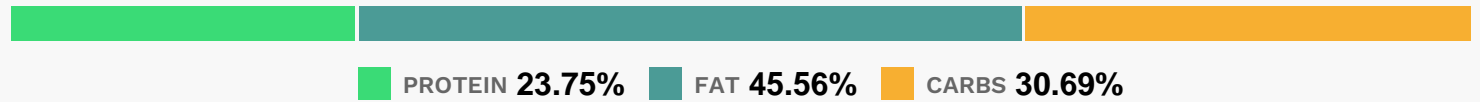
Equipment

- 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:80.95, Glycemic Load:19.53, Inflammation Score:-10, Nutrition Score:26.958695577539%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg 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: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 515kcal (25.75%), Fat: 26.07g (40.11%), Saturated Fat: 8.59g (53.67%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 33.44g (12.16%), Sugar: 10.1g (11.22%), Cholesterol: 87.93mg (29.31%), Sodium: 1114.77mg (48.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.58g (61.16%), Vitamin A: 11924.71IU (238.49%), Vitamin K: 57.04µg (54.32%), Vitamin B6: 0.77mg (38.42%), Selenium: 24.1µg (34.43%), Vitamin B3: 6.31mg (31.56%), Potassium: 1100.57mg (31.44%), Manganese: 0.61mg (30.55%), Vitamin B12: 1.83µg (30.44%), Phosphorus:

300.63mg (30.06%), Zinc: 4.1mg (27.36%), Vitamin C: 21.71mg (26.31%), Vitamin B1: 0.39mg (26%), Fiber: 6.07g (24.3%), Iron: 3.86mg (21.43%), Copper: 0.41mg (20.35%), Magnesium: 77.53mg (19.38%), Vitamin B2: 0.32mg (18.87%), Folate: 56.69µg (14.17%), Vitamin B5: 1.41mg (14.06%), Vitamin E: 1.77mg (11.81%), Calcium: 87.91mg (8.79%), Vitamin D: 0.9µg (6%)