



S.O.P.P.



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bell peppers green chopped
- 1 onion sliced
- 6 potatoes cubed peeled
- 2 pounds sausage smoked sliced
- 2 tablespoons vegetable oil

Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium heat.
- Place the potatoes in the skillet, cover and simmer, turning occasionally, until potatoes are almost tender and a little browned, about 10 minutes.
- Stir in the sausage, onion and peppers. Cover and cook for about 5 more minutes, or until onion and peppers are to desired tenderness.

Nutrition Facts

PROTEIN 13.74% **FAT 60.21%** **CARBS 26.05%**

Properties

Glycemic Index:20.13, Glycemic Load:27.73, Inflammation Score:-6, Nutrition Score:24.307391488034%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 674.46kcal (33.72%), Fat: 44.97g (69.18%), Saturated Fat: 14.7g (91.86%), Carbohydrates: 43.76g (14.59%), Net Carbohydrates: 38.09g (13.85%), Sugar: 3.39g (3.77%), Cholesterol: 107.35mg (35.78%), Sodium: 1296.86mg (56.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.19%), Vitamin C: 75.21mg (91.16%), Vitamin B6: 1mg (49.81%), Vitamin B1: 0.59mg (39.64%), Vitamin B12: 2.28µg (38.05%), Vitamin B3: 7.34mg (36.68%), Potassium: 1278.68mg (36.53%), Phosphorus: 296.44mg (29.64%), Selenium: 20.54µg (29.34%), Zinc: 3.89mg (25.94%), Fiber: 5.67g (22.69%), Manganese: 0.45mg (22.69%), Vitamin B2: 0.34mg (20.07%), Iron: 3.35mg (18.6%), Magnesium: 72.93mg (18.23%), Copper: 0.35mg (17.7%), Vitamin K: 15.39µg (14.66%), Vitamin B5: 1.36mg (13.58%), Folate: 47.58µg (11.89%), Vitamin D: 1.66µg (11.09%), Calcium: 44.33mg (4.43%), Vitamin E: 0.54mg (3.62%), Vitamin A: 151.39IU (3.03%)