



Turkey Sausage, Mushroom, and Potato Gratin

 Gluten Free

READY IN



72 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 ounces crimini mushrooms sliced
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup beef broth fat-free
- ☐ 3 cups onion chopped
- ☐ 1.5 pounds potatoes - remove skin red coarsely chopped
- ☐ 8 ounce turkey sausage italian hot

☐ 3 ounces swiss cheese shredded

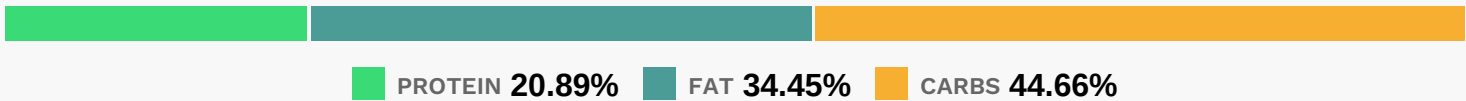
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add sausage to pan, and saut for 5 minutes or until browned, stirring to crumble.
- ☐ Remove sausage from pan; drain. Wipe pan with paper towels. Melt butter in pan.
- ☐ Add onion; saut 4 minutes, stirring occasionally.
- ☐ Add mushrooms; saut 6 minutes, stirring occasionally.
- ☐ Add potatoes and salt; saut 5 minutes or until browned, stirring occasionally.
- ☐ Stir in sausage and broth.
- ☐ Remove from heat. Spoon potato mixture into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray; top with cheese. Cover and bake at 400 for 30 minutes. Uncover and bake an additional 15 minutes or until golden.
- ☐ Sprinkle with thyme.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:2.72, Inflammation Score:-10, Nutrition Score:23.072608743025%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg

Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 25.47mg, Quercetin: 25.47mg, Quercetin: 25.47mg, Quercetin: 25.47mg

Nutrients (% of daily need)

Calories: 376.95kcal (18.85%), Fat: 14.84g (22.82%), Saturated Fat: 7.73g (48.3%), Carbohydrates: 43.27g (14.42%), Net Carbohydrates: 37.17g (13.52%), Sugar: 9.59g (10.65%), Cholesterol: 57.35mg (19.12%), Sodium: 971.12mg (42.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.24g (40.49%), Vitamin C: 46.35mg (56.18%), Iron: 7.69mg (42.73%), Phosphorus: 404.07mg (40.41%), Selenium: 27.84µg (39.78%), Potassium: 1285.16mg (36.72%), Vitamin B6: 0.71mg (35.38%), Manganese: 0.53mg (26.71%), Vitamin B3: 5.33mg (26.66%), Calcium: 266.05mg (26.6%), Copper: 0.51mg (25.45%), Fiber: 6.1g (24.41%), Vitamin B2: 0.4mg (23.78%), Zinc: 3.28mg (21.88%), Magnesium: 78.84mg (19.71%), Vitamin B1: 0.26mg (17.62%), Folate: 68.63µg (17.16%), Vitamin B5: 1.61mg (16.09%), Vitamin B12: 0.92µg (15.34%), Vitamin A: 526.18IU (10.52%), Vitamin K: 5.96µg (5.67%), Vitamin E: 0.25mg (1.68%)