



Vegetarian Sausage Casserole



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp juice of lemon
- ☐ 2 tbsp olive oil
- ☐ 2 tbsp basil crushed
- ☐ 1 can canned tomatoes chopped
- ☐ 1 bell pepper green deseeded roughly sliced
- ☐ 1 onion roughly chopped
- ☐ 2 mushrooms roughly chopped
- ☐ 4 small potatoes white chopped

- ☐ 300 ml vegetable stock hot
- ☐ 4 servings salt and pepper
- ☐ 4 sausage

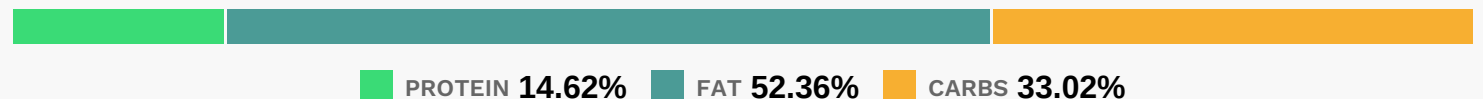
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wok

Directions

- ☐ Add the oil to a large frying pan or wok, then add your chopped mushrooms, peppers, onions and potatoes, fry for 5 minutes.
- ☐ In the meantime preheat the oven to 190C
- ☐ Once the veg starts to soften add your hot veg stock and a tbsp of basil along with some salt and pepper. Stir in all ingredients and simmer for 3 minutes
- ☐ Now add your sausages in the oven for 5 minutes then turn the sausages and cook for a further 5 minutes
- ☐ Add the chopped tomatoes to the pan and stir in a final tbsp of basil along with another small shower of salt and pepper. Take out sausages and chop into small chunks and add to the pan.
- ☐ Add a dash of lemon juice and stir all the mix to ensure sauce is mixed in with veg and sausages. Reduce heat and simmer for 10 minutes
- ☐ I had this on its own but due to the lovely sauce that this creates I believe it would be lovely with a choice of rice, mash potato or a nice French stick. Enjoy

Nutrition Facts



Properties

Glycemic Index:83.44, Glycemic Load:25.02, Inflammation Score:-8, Nutrition Score:23.975652114205%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 508.48kcal (25.42%), Fat: 30.13g (46.36%), Saturated Fat: 8.56g (53.53%), Carbohydrates: 42.76g (14.25%), Net Carbohydrates: 35.93g (13.07%), Sugar: 8.66g (9.62%), Cholesterol: 61.2mg (20.4%), Sodium: 1181mg (51.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.93g (37.85%), Vitamin C: 71.72mg (86.93%), Vitamin B6: 1.03mg (51.62%), Potassium: 1364.84mg (39%), Vitamin B3: 7.61mg (38.06%), Vitamin B1: 0.49mg (32.43%), Manganese: 0.57mg (28.3%), Fiber: 6.83g (27.31%), Vitamin K: 28.61µg (27.25%), Phosphorus: 269.12mg (26.91%), Copper: 0.5mg (25.14%), Iron: 3.96mg (21.99%), Magnesium: 80.42mg (20.11%), Zinc: 2.78mg (18.53%), Vitamin E: 2.62mg (17.46%), Vitamin B2: 0.27mg (15.91%), Vitamin B5: 1.58mg (15.84%), Vitamin A: 723.75IU (14.48%), Folate: 54.2µg (13.55%), Vitamin B12: 0.73µg (12.11%), Calcium: 78.58mg (7.86%), Vitamin D: 1.13µg (7.5%), Selenium: 2.21µg (3.15%)