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## Sausage and Potatoes ♦♦

A delicious and hearty dish made with sausages and potatoes. It is a popular comfort food that is often enjoyed for dinner. The sausages are cooked until browned and juicy, while the potatoes are tender and flavorful. This recipe is perfect for meat lovers and is sure to satisfy your cravings.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	sausages
<b>500 g</b>	potatoes
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper

1 tsp	paprika
1 tsp	garlic powder
1 tsp	onion powder

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Cut the sausages into bite-sized pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Cutting

Wash and peel the potatoes. Cut them into small cubes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

In a large bowl, toss the sausages and potatoes with olive oil, salt, black pepper, paprika, garlic powder, and onion powder.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Baking

Spread the sausages and potatoes evenly on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 6

Baking

Bake in the preheated oven for 30 minutes or until the sausages are browned and the potatoes are tender.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 7

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 30 g

**Protein:** 15 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	30 g	107.14%	120%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Barbecue

Picnic

Game Day

### Cuisines

Italian

Middle Eastern

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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