



Bavarian Sausage-and-Kraut Supper

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon caraway seeds
- ☐ 12 ounce chicken apple sausage cut into 1/2-inch-thick slices (such as Gerhard's)
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.8 pound apples i use 2 granny smith apples peeled sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion sliced
- ☐ 1.5 cups sauerkraut refrigerated drained

☐ 0.3 cup cooking sherry

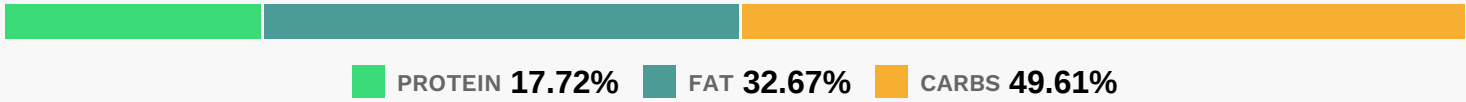
Equipment

☐ frying pan

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat; drain and set the noodles aside.
- ☐ While the noodles are cooking, heat the olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add sliced onion and caraway seeds, and cook 4 minutes or until lightly browned, stirring constantly.
- ☐ Add apple, sauerkraut, and sausage, and cook 5 minutes. Stir in the chicken broth and sherry, and bring to a boil. Reduce heat to medium, and cook 5 minutes.
- ☐ Serve over the noodles.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:21.18, Inflammation Score:-6, Nutrition Score:13.719999867937%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.49mg, Epicatechin: 6.49mg, Epicatechin: 6.49mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg

0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 504.2kcal (25.21%), Fat: 18.39g (28.29%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 62.84g (20.95%), Net Carbohydrates: 56.51g (20.55%), Sugar: 13.77g (15.29%), Cholesterol: 107.67mg (35.89%), Sodium: 1353.35mg (58.84%), Alcohol: 1.54g (100%), Alcohol %: 0.53% (100%), Protein: 22.45g (44.9%), Selenium: 45.9µg (65.57%), Manganese: 0.67mg (33.69%), Fiber: 6.33g (25.31%), Vitamin C: 16mg (19.39%), Phosphorus: 176.91mg (17.69%), Iron: 2.95mg (16.39%), Vitamin B6: 0.29mg (14.39%), Copper: 0.27mg (13.43%), Magnesium: 51.13mg (12.78%), Potassium: 404.23mg (11.55%), Vitamin K: 11.4µg (10.86%), Folate: 39.86µg (9.96%), Vitamin B1: 0.15mg (9.67%), Zinc: 1.34mg (8.95%), Vitamin B3: 1.58mg (7.92%), Vitamin A: 393.5IU (7.87%), Vitamin B5: 0.71mg (7.08%), Vitamin E: 0.96mg (6.41%), Vitamin B2: 0.11mg (6.22%), Calcium: 56.09mg (5.61%), Vitamin B12: 0.22µg (3.69%), Vitamin D: 0.17µg (1.13%)