



Beer Sausages in Beer Sauce

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



899 kcal

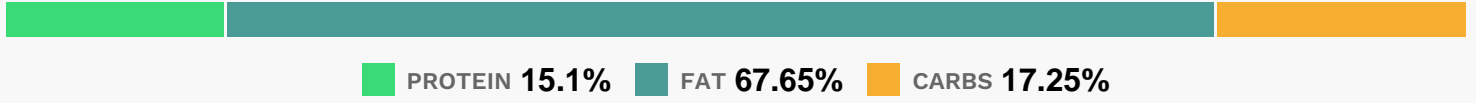
SAUCE

Ingredients

- 1 cup beer
- 0.3 cup brown sugar
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- 2 tablespoons cornstarch
- 1 tablespoon horseradish
- 0.3 cup mustard
- 2 lbs kielbasa cooked
- 0.3 cup vinegar

Equipment

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:2.04, Inflammation Score:-3, Nutrition Score:18.862608695652%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 898.63kcal (44.93%), Fat: 65.69g (101.06%), Saturated Fat: 23.47g (146.69%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 36.85g (13.4%), Sugar: 27.2g (30.22%), Cholesterol: 158.76mg (52.92%), Sodium: 2184.41mg (94.97%), Alcohol: 2.3g (12.78%), Protein: 33g (66%), Vitamin B1: 1.17mg (78.08%), Selenium: 46.41µg (66.31%), Vitamin B3: 8.24mg (41.22%), Vitamin B12: 2.23µg (37.24%), Phosphorus: 336.93mg (33.69%), Zinc: 4.53mg (30.17%), Vitamin B6: 0.48mg (24.14%), Vitamin B2: 0.36mg (21.27%), Iron: 3.76mg (20.89%), Potassium: 623.02mg (17.8%), Copper: 0.24mg (11.83%), Magnesium: 46.53mg (11.63%), Vitamin B5: 1.13mg (11.31%), Manganese: 0.21mg (10.7%), Calcium: 65.34mg (6.53%), Vitamin C: 3.26mg (3.96%), Fiber: 0.83g (3.32%), Folate: 11.58µg (2.89%)