






 **25%**
HEALTH SCORE

Cabbage and sausages in beer

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

READY IN

45 min.

SERVINGS

3

CALORIES

558 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 200 ml beer
- 6 tablespoons butter divided
- 400 g cabbage green halved lengthwise cut into two-finger-width wedges
- 1 small onion diced ()
- 3 servings bell pepper to taste
- 3 servings bell pepper to taste
- 150 g potatoes cut into chunks
- 1 teaspoon salt

200 g andouille smoked cut into thumb-length pieces

0.5 Tbs sugar

Equipment

bowl

frying pan

Directions

Melt the butter in a large pan over medium-low heat, add the onion, sugar and salt and cook them, stirring frequently, until the onion is golden, about 5-8 minutes. Stir in the beer, scraping up any bits from the bottom of the pan.

Add the sausages, cabbage and potatoes and simmer, covered, stirring occasionally, for 20 minutes or until the vegetables are tender.

Serve the sausages and veggies in big bowls with plenty of the cooking liquid, sprinkled with freshly cracked pepper.

Nutrition Facts



PROTEIN 9.42% **FAT 66.38%** **CARBS 24.2%**

Properties

Glycemic Index:109.78, Glycemic Load:13.04, Inflammation Score:-10, Nutrition Score:29.977826086957%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

Taste

Sweetness: 19.62%, Saltiness: 100%, Sourness: 30.09%, Bitterness: 74.69%, Savoriness: 46.17%, Fattiness: 65%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 558.19kcal (27.91%), Fat: 40.9g (62.93%), Saturated Fat: 10.97g (68.56%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 25.6g (9.31%), Sugar: 13.9g (15.44%), Cholesterol: 47.33mg (15.78%), Sodium: 1641.11mg (71.35%), Alcohol: 2.59g (14.41%), Protein: 13.05g (26.11%), Vitamin C: 251.15mg (304.43%), Vitamin A: 5798.88IU (115.98%), Vitamin K: 109.68µg (104.45%), Vitamin B6: 0.92mg (46.04%), Folate: 145.24µg (36.31%), Fiber: 7.96g (31.84%), Potassium: 941.54mg (26.9%), Vitamin B1: 0.39mg (26.13%), Manganese: 0.52mg (25.94%), Vitamin B3: 4.82mg (24.12%), Vitamin E: 3.43mg (22.88%), Vitamin B2: 0.34mg (20.18%), Phosphorus: 195.76mg (19.58%), Vitamin B12: 1.05µg (17.47%), Magnesium: 60.56mg (15.14%), Zinc: 2.21mg (14.75%), Selenium: 9.96µg (14.23%), Iron: 2.39mg (13.3%), Vitamin B5: 1.28mg (12.76%), Calcium: 91.36mg (9.14%), Copper: 0.16mg (7.89%), Vitamin D: 0.73µg (4.89%)