



Chicken Franks and Red Slaw-Kraut Dogs

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 chicken sausage – pick a flavor that sounds like it will pair up with the kraut, like apple and onion sausage well
- 0.3 cup cider vinegar
- 1 teaspoon cumin seeds
- 3 tablespoons brown sugar dark
- 8 frank rolls split toasted
- 1 apples diced green peeled
- 2 tablespoons grill seasoning (recommended: Montreal Steak Seasoning by McCormick)
- 0.3 teaspoon nutmeg grated

- 1 small head cabbage shredded red cored quartered
- 1 large onion red thinly sliced
- 4 servings spicy brown mustard
- 3 tablespoons vegetable oil oil light divided

Equipment

- frying pan
- grill

Directions

- Watch how to make this recipe.
- Place the franks or chicken sausages in a medium skillet and add 1/2 inch water and about 1 tablespoon oil, 1 turn of the pan, to the skillet. Bring water to a boil then reduce heat to medium. In 10 minutes or so the water will cook off and the casings will begin to brown and crisp in the oil. Cook until casings are evenly browned, 2 to 3 minutes more.
- While the franks are working, heat a large skillet over medium high to high heat.
- Add 2 tablespoons of vegetable oil and the apples, onions and cabbage. Sear and toss the cabbage, wilting it down as the mixture cooks. Season the cabbage with nutmeg, cumin and grill seasoning and cook until the cabbage and onions are tender, 15 minutes.
- Pour in the vinegar. Lean back when you add the vinegar – the fumes can burn your nasal passages a little. (Trust me on this.) Scatter in the brown sugar and toss to combine. Cook the vinegar off, 1 minute, and allow the sugar to coat the cabbage evenly. Taste to adjust seasonings.
- Place franks on toasted buns and top with warm red slaw-kraut and spicy mustard.

Nutrition Facts



PROTEIN 19.07% **FAT 53.86%** **CARBS 27.07%**

Properties

Glycemic Index:66.5, Glycemic Load:9.36, Inflammation Score:-9, Nutrition Score:24.812608822532%

Flavonoids

Cyanidin: 298.15mg, Cyanidin: 298.15mg, Cyanidin: 298.15mg, Cyanidin: 298.15mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 780.13kcal (39.01%), Fat: 48.33g (74.36%), Saturated Fat: 11.42g (71.36%), Carbohydrates: 54.67g (18.22%), Net Carbohydrates: 49.62g (18.04%), Sugar: 22.34g (24.82%), Cholesterol: 160.52mg (53.51%), Sodium: 2454.19mg (106.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.51g (77.02%), Vitamin C: 87.7mg (106.3%), Vitamin K: 90.23µg (85.93%), Vitamin A: 2269.82IU (45.4%), Selenium: 26.83µg (38.33%), Manganese: 0.7mg (35.04%), Iron: 6.03mg (33.51%), Vitamin B1: 0.35mg (23.03%), Vitamin B2: 0.38mg (22.23%), Vitamin B6: 0.43mg (21.44%), Vitamin B3: 4.14mg (20.68%), Fiber: 5.06g (20.22%), Folate: 79.55µg (19.89%), Potassium: 618.12mg (17.66%), Phosphorus: 157.74mg (15.77%), Zinc: 2.33mg (15.5%), Calcium: 130.91mg (13.09%), Magnesium: 49.9mg (12.48%), Vitamin B12: 0.47µg (7.8%), Vitamin B5: 0.76mg (7.65%), Vitamin E: 1.14mg (7.59%), Copper: 0.15mg (7.45%)