

Drunken Sailors

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

READY IN



375 min.

SERVINGS



6

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce barbecue sauce
- 0.5 cup brown sugar
- 14 ounce catsup
- 16 ounce sausage sliced into 1/2 inch pieces
- 0.5 cup irish whiskey

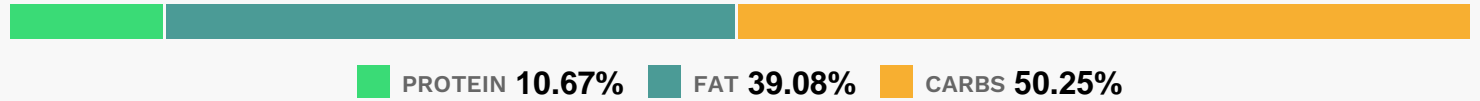
Equipment

- toothpicks
- slow cooker

Directions

- Pour the ketchup and barbecue sauce into a slow cooker. Stir in the brown sugar, whiskey, and sausage. Set on Low, and cook for 6 hours.
- Serve hot with toothpicks.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:9.084347911503%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 512.99kcal (25.65%), Fat: 20.48g (31.51%), Saturated Fat: 6.68g (41.78%), Carbohydrates: 59.26g (19.75%), Net Carbohydrates: 58.55g (21.29%), Sugar: 50.72g (56.35%), Cholesterol: 54.43mg (18.14%), Sodium: 1669.91mg (72.6%), Alcohol: 7.08g (100%), Alcohol %: 3.8% (100%), Protein: 12.58g (25.17%), Vitamin B3: 4.87mg (24.35%), Vitamin B6: 0.39mg (19.29%), Vitamin B1: 0.23mg (15.32%), Potassium: 529.48mg (15.13%), Vitamin B2: 0.23mg (13.76%), Phosphorus: 131.92mg (13.19%), Zinc: 1.86mg (12.39%), Vitamin B12: 0.64µg (10.71%), Vitamin A: 523.05IU (10.46%), Vitamin E: 1.56mg (10.42%), Iron: 1.57mg (8.71%), Copper: 0.16mg (7.92%), Manganese: 0.15mg (7.7%), Magnesium: 28.2mg (7.05%), Vitamin B5: 0.66mg (6.56%), Vitamin D: 0.98µg (6.55%), Calcium: 50.65mg (5.07%), Vitamin C: 3.58mg (4.34%), Vitamin K: 3.31µg (3.15%), Fiber: 0.71g (2.83%), Selenium: 1.42µg (2.03%), Folate: 8.03µg (2.01%)