



Franks and Sauerkraut Paprikash

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound polish sausage cut into 2 1/2-inch segents
- ☐ 2 Tbsp butter
- ☐ 2 cups onion chopped
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons paprika
- ☐ 1 teaspoon optional: dill dried fresh chopped
- ☐ 1 teaspoon caraway seed
- ☐ 1 cup chicken broth

- ☐ 25 ounce can sauerkraut drained canned
- ☐ 2 cups cup heavy whipping cream sour

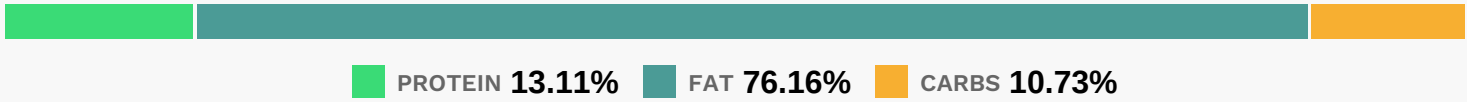
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large thick-bottomed pan or Dutch oven on medium heat. Melt the butter, add the onion, garlic, and paprika, cook until the onion is soft, about 5 minutes.
- ☐ Add the franks, dill, caraway, and broth. Bring to a boil, reduce heat and simmer for 15 minutes.
- ☐ Add the sauerkraut, simmer, covered, 15 minutes longer.
- ☐ Remove from heat, stir in the sour cream (do not let the mixture boil after you've added the sour cream).
- ☐ Serve plain, or with boiled or mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.65, Inflammation Score:-6, Nutrition Score:13.730869604194%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 454.27kcal (22.71%), Fat: 38.79g (59.68%), Saturated Fat: 16.48g (103.01%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 8.75g (3.18%), Sugar: 5.42g (6.02%), Cholesterol: 101.68mg (33.89%), Sodium: 1482.56mg (64.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.03g (30.06%), Vitamin B1: 0.49mg (32.38%), Selenium: 18.18µg (25.97%), Vitamin C: 17.59mg (21.32%), Phosphorus: 194.95mg (19.5%), Vitamin B6: 0.37mg

(18.34%), Vitamin B3: 3.29mg (16.43%), Vitamin B2: 0.28mg (16.42%), Vitamin B12: 0.97µg (16.1%), Iron: 2.89mg (16.03%), Potassium: 509mg (14.54%), Vitamin A: 718.8IU (14.38%), Zinc: 2.14mg (14.23%), Fiber: 3.54g (14.17%), Manganese: 0.27mg (13.46%), Vitamin K: 13.2µg (12.57%), Calcium: 111.86mg (11.19%), Copper: 0.2mg (9.98%), Magnesium: 35.73mg (8.93%), Folate: 34.4µg (8.6%), Vitamin B5: 0.73mg (7.29%), Vitamin E: 0.6mg (3.98%)