



Fried Sauerkraut Cakes with Kielbasa

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



569 kcal

Ingredients

- 4 servings apple sauce
- 0.5 teaspoon pepper black
- 2 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 1 pound kielbasa smoked
- 0.8 teaspoon salt
- 1 pound sauerkraut canned rinsed drained well (not) ()
- 0.5 cup spring onion chopped
- 0.5 cup vegetable oil

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- spatula

Directions

- Preheat oven to 250°F.
- Pat sauerkraut dry between paper towels to remove as much moisture as possible, then transfer to a bowl and stir in eggs, flour, scallion greens, salt, and pepper until combined.
- Heat 1/4 inch oil in a 12-inch heavy skillet over moderate heat until hot but not smoking. Fill a 1/4-cup measure three-fourths full with sauerkraut mixture, then turn out into oil, using a fork to release, and flatten to 3 1/2 inches in diameter with fork. Form 2 more cakes in skillet, then fry, turning over once, until golden, about 4 minutes total.
- Transfer cakes with a slotted spatula to paper towels to drain. Keep cakes warm on a rack set in a shallow baking pan in oven. Fry more cakes in same manner with remaining mixture.
- Brown kielbasa in 2 batches in oil remaining in skillet over moderate heat, turning, 2 minutes per batch, then transfer to paper towels to drain.
- Serve cakes topped with kielbasa.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:6.99, Inflammation Score:-5, Nutrition Score:20.48869562149%

Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin:

0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 568.94kcal (28.45%), Fat: 40.81g (62.78%), Saturated Fat: 13.4g (83.75%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 24.39g (8.87%), Sugar: 13.89g (15.43%), Cholesterol: 172.38mg (57.46%), Sodium: 2219.15mg (96.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.71g (43.42%), Vitamin K: 51.76µg (49.3%), Vitamin B1: 0.72mg (48.25%), Selenium: 32.41µg (46.3%), Iron: 4.72mg (26.2%), Vitamin C: 21.37mg (25.91%), Phosphorus: 248.77mg (24.88%), Vitamin B3: 4.87mg (24.36%), Vitamin B2: 0.41mg (23.86%), Vitamin B6: 0.45mg (22.56%), Vitamin B12: 1.33µg (22.23%), Fiber: 5.3g (21.2%), Manganese: 0.39mg (19.42%), Zinc: 2.89mg (19.26%), Potassium: 635.37mg (18.15%), Folate: 72µg (18%), Copper: 0.29mg (14.54%), Vitamin B5: 1.11mg (11.08%), Magnesium: 42.51mg (10.63%), Calcium: 78.45mg (7.84%), Vitamin E: 1.14mg (7.6%), Vitamin A: 316.78IU (6.34%), Vitamin D: 0.5µg (3.33%)