



German Sausage Skillet

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- 12 oz oscar mayer natural uncured beef sausage
- 1 Tbsp butter
- 1 onion sliced
- 2 cups claussen sauerkraut rinsed
- 2 Tbsp grey poupon spicy brown mustard hearty

Equipment

- frying pan

Directions

- Cut sausage into 3 pieces, then cut each piece lengthwise in half. Cook in large nonstick skillet on medium heat 5 to 7 min. or until evenly browned, turning occasionally.
- Remove from skillet; cover to keep warm.
- Melt butter in skillet.
- Add onions; cook 3 min. or until tender, stirring frequently. Stir in mustard.
- Add sauerkraut; mix lightly. Cook 5 min., stirring occasionally.
- Top with sausage; cover. Cook 5 min. or until heated through.

Nutrition Facts

PROTEIN 23.55% **FAT 67.55%** **CARBS 8.9%**

Properties

Glycemic Index:23.5, Glycemic Load:0.6, Inflammation Score:-2, Nutrition Score:7.5552174215731%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 180.36kcal (9.02%), Fat: 13.51g (20.79%), Saturated Fat: 5.6g (35.02%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.69g (1.88%), Cholesterol: 45.34mg (15.11%), Sodium: 421.81mg (18.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Vitamin B12: 1.22µg (20.29%), Zinc: 2.53mg (16.84%), Selenium: 10.6µg (15.15%), Vitamin B6: 0.27mg (13.51%), Vitamin B3: 2.51mg (12.57%), Phosphorus: 110.34mg (11.03%), Iron: 1.91mg (10.63%), Vitamin C: 8.33mg (10.1%), Potassium: 268.39mg (7.67%), Fiber: 1.9g (7.6%), Vitamin K: 7.49µg (7.13%), Manganese: 0.12mg (6.08%), Vitamin B2: 0.1mg (6.08%), Magnesium: 20.07mg (5.02%), Folate: 19.23µg (4.81%), Copper: 0.09mg (4.54%), Vitamin B5: 0.37mg (3.69%), Vitamin B1: 0.05mg (3.49%), Calcium: 32.34mg (3.23%), Vitamin E: 0.37mg (2.5%), Vitamin A: 71.58IU (1.43%)