



German Style Kielbasa



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 apples cored peeled chopped



0.3 cup brown sugar



32 ounce sauerkraut



2 pounds kielbasa sausage sliced

Equipment

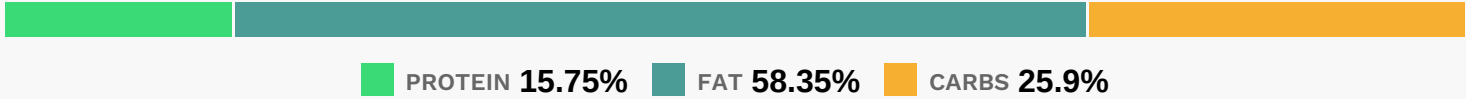


frying pan

Directions

☐ Combine the apples and sauerkraut in a deep skillet over medium heat. Bring to a simmer then cook for about 10 minutes, until apples are starting to soften. Stir in the brown sugar and kielbasa. Cook for another 5 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:7.31, Inflammation Score:-5, Nutrition Score:18.950434674387%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 617.84kcal (30.89%), Fat: 40.63g (62.51%), Saturated Fat: 13.4g (83.76%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 31.83g (11.57%), Sugar: 30.51g (33.9%), Cholesterol: 108.86mg (36.29%), Sodium: 1965.42mg (85.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.35%), Vitamin C: 31.66mg (38.37%), Vitamin B3: 7.5mg (37.51%), Vitamin B6: 0.74mg (36.88%), Fiber: 8.75g (35.01%), Vitamin B1: 0.48mg (31.9%), Phosphorus: 254.74mg (25.47%), Zinc: 3.64mg (24.29%), Potassium: 838.94mg (23.97%), Iron: 4.18mg (23.25%), Vitamin K: 24.26µg (23.11%), Vitamin B12: 1.29µg (21.42%), Vitamin B2: 0.26mg (15.59%), Manganese: 0.31mg (15.27%), Copper: 0.3mg (14.92%), Vitamin D: 1.97µg (13.1%), Vitamin B5: 1.28mg (12.78%), Magnesium: 50.75mg (12.69%), Folate: 43.35µg (10.84%), Calcium: 77.5mg (7.75%), Vitamin E: 0.83mg (5.51%), Vitamin A: 238.89IU (4.78%), Selenium: 1.02µg (1.45%)