



## Grilled Kielbasa and Cabbage

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound kielbasa fully cooked (1 ring)
- 8 ounces coleslaw mix
- 0.5 medium bell pepper green cut into 1-inch pieces
- 0.5 teaspoon celery seed
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 1 tablespoon butter
- 3 tablespoons water

1 serving bratwurst split

## Equipment

frying pan

grill

aluminum foil

grill pan

## Directions

Heat coals or gas grill for direct heat.

Place sausage ring in 8-inch square aluminum foil pan.

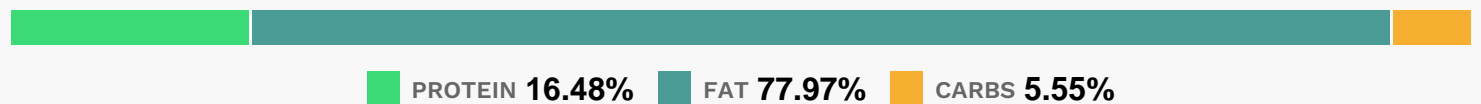
Mix coleslaw mix, bell pepper, celery seed, salt and pepper. Mound cabbage mixture in center of sausage ring. Dot with butter; sprinkle with water. Cover with aluminum foil, sealing edges securely.

Cover and grill pan 4 to 6 inches from medium heat 15 to 20 minutes or until coleslaw mixture is crisp-tender and sausage is hot.

Cut sausage into 4 pieces.

Serve sausage and coleslaw mixture on buns.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:1.52, Inflammation Score:-4, Nutrition Score:16.096521885499%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 2.66mg, Luteolin: 2.66mg, Luteolin: 2.66mg, Luteolin: 2.66mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 468.07kcal (23.4%), Fat: 40.35g (62.08%), Saturated Fat: 13.98g (87.39%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 4.76g (1.73%), Sugar: 2.17g (2.41%), Cholesterol: 91.59mg (30.53%), Sodium: 1468.27mg

(63.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.37%), Vitamin B1: 0.69mg (45.96%), Vitamin K: 44.86µg (42.72%), Vitamin C: 33.9mg (41.08%), Selenium: 26.83µg (38.32%), Vitamin B3: 4.91mg (24.55%), Phosphorus: 208.53mg (20.85%), Vitamin B12: 1.24µg (20.59%), Zinc: 2.87mg (19.11%), Vitamin B6: 0.38mg (18.79%), Vitamin B2: 0.25mg (14.56%), Potassium: 454.45mg (12.98%), Iron: 2.16mg (11.99%), Manganese: 0.19mg (9.72%), Vitamin B5: 0.76mg (7.59%), Copper: 0.15mg (7.3%), Magnesium: 29.06mg (7.27%), Folate: 28.7µg (7.18%), Fiber: 1.72g (6.86%), Calcium: 48.66mg (4.87%), Vitamin A: 237.26IU (4.75%), Vitamin E: 0.29mg (1.97%), Vitamin D: 0.18µg (1.21%)