



Grilled Kielbasa with Sauerkraut and Onions

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.5 teaspoon cayenne
- 0.3 cup dijon mustard
- 0.3 cup honey
- 1 tablespoon horseradish prepared
- 1.5 pounds polska kielbasa smoked
- 1 onion sliced
- 3 tablespoons freshly parsley leaves chopped

- 1 pinch cracked pepper black
- 1 pinch salt
- 3 cups sauerkraut drained
- 3 tablespoons sugar
- 0.3 cup mustard yellow

Equipment

- bowl
- frying pan
- baking sheet
- oven
- grill

Directions

- Preheat grill. Preheat oven to 400 degrees F.
- Cut kielbasa into 3-inch lengths and butterfly lengthwise.
- Place on hot grill and cook for 4 to 5 minutes on each side turning frequently, charring all sides.
- Remove from grill.
- Transfer kielbasa to a baking sheet and place in oven to cook for another 5 to 6 minutes.
- In a large skillet over medium-high heat, add butter and sugar. Allow sugar to cook to a golden brown color.
- Add onions and cook until caramelized. Stir in the sauerkraut and cook for 5 to 6 minutes until onions and sauerkraut are wilted and colored.
- Remove kielbasa from oven and cut into 1-inch pieces.
- Add to pan of sauerkraut and onions. Toss together and cook for 1 minute.
- Transfer to a platter, garnish with parsley and serve with Honey Mustard Dipping Sauce.
- In a small bowl, mix all ingredients until well combined.

Nutrition Facts



■ PROTEIN 14.04% ■ FAT 65.71% ■ CARBS 20.25%

Properties

Glycemic Index:113.59, Glycemic Load:17.46, Inflammation Score:-6, Nutrition Score:23.533043581506%

Flavonoids

Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 757.73kcal (37.89%), Fat: 55.88g (85.97%), Saturated Fat: 21.31g (133.19%), Carbohydrates: 38.75g (12.92%), Net Carbohydrates: 33.51g (12.19%), Sugar: 30.24g (33.6%), Cholesterol: 134.12mg (44.71%), Sodium: 2610.64mg (113.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.87g (53.73%), Vitamin B1: 0.95mg (63.45%), Vitamin K: 64.4µg (61.34%), Selenium: 41.89µg (59.84%), Vitamin B3: 6.32mg (31.6%), Phosphorus: 300.42mg (30.04%), Vitamin C: 24.74mg (29.98%), Vitamin B12: 1.68µg (27.98%), Iron: 4.89mg (27.15%), Vitamin B6: 0.53mg (26.65%), Zinc: 3.85mg (25.7%), Manganese: 0.44mg (22.22%), Fiber: 5.23g (20.94%), Potassium: 715.11mg (20.43%), Vitamin B2: 0.32mg (18.91%), Copper: 0.31mg (15.26%), Magnesium: 58.85mg (14.71%), Vitamin A: 573.71IU (11.47%), Folate: 43.97µg (10.99%), Vitamin B5: 1.03mg (10.3%), Calcium: 88.06mg (8.81%), Vitamin E: 0.52mg (3.49%)