



Grilled Polish Sausage and Sauerkraut



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



854 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds kielbasa
- ☐ 1 pints sauerkraut
- ☐ 2 medium onions yellow sliced
- ☐ 2 Tbsp vegetable oil
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon celery seed
- ☐ 1 Tbsp caraway seed
- ☐ 4 servings mustard

- ☐ 1 to 2 light-colored beers dark (not)
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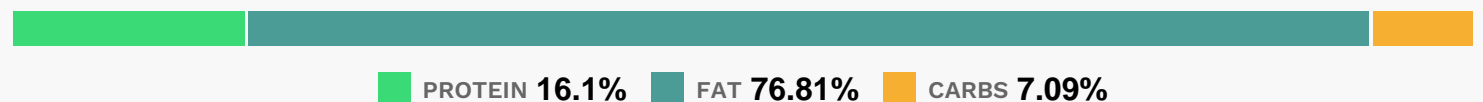
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Grill the sausages slowly over medium heat, allowing them to get well browned. Be patient; do not be tempted to grill the links over high heat, or they will break open and the juices and fat will drain into the grill (they may break open anyway, but they'll break less if you cook them slowly).
- ☐ Heat the beer with celery seed and caraway seeds: While the sausages are cooking, put an aluminum grilling pan on a cooler part of the grill and pour in the beer. Stir in the celery and caraway seeds and salt. Bring to a simmer. (This may require covering the grill.)
- ☐ Add sausages and sauerkraut: Once the sausages are browned add the sausages, the sauerkraut and sauerkraut juices to the pan.
- ☐ the onions: Paint the sliced onion with the vegetable oil and grill on high direct heat. If your grates are too wide and you think you will lose too much onion through the grates, you can either skip the grilling part and put the onions directly into the beer bath, or you can cut the onions in halves or quarters and grill them that way.
- ☐ Then slice them and add them to the beer.
- ☐ the grill and simmer (a low simmer, not a boil) for 30 minutes to 2 hours before serving.
- ☐ Cut the sausages into serving sized pieces before serving.
- ☐ Serve as is in a bowl or on a plate, or in a sandwich roll.
- ☐ Serve with mustard on the side.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:2.71, Inflammation Score:-5, Nutrition Score:24.766521687093%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 853.55kcal (42.68%), Fat: 72.63g (111.74%), Saturated Fat: 24.56g (153.48%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 9.85g (3.58%), Sugar: 4.52g (5.02%), Cholesterol: 158.76mg (52.92%), Sodium: 3407.91mg (148.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.5%), Vitamin B1: 1.21mg (80.36%), Selenium: 43.06µg (61.52%), Vitamin B3: 8.14mg (40.69%), Vitamin B12: 2.22µg (37.04%), Phosphorus: 364.33mg (36.43%), Vitamin B6: 0.66mg (33.12%), Zinc: 4.84mg (32.26%), Iron: 5.59mg (31.06%), Vitamin C: 24.14mg (29.26%), Vitamin K: 28.18µg (26.84%), Potassium: 852.66mg (24.36%), Vitamin B2: 0.39mg (22.76%), Manganese: 0.42mg (21.19%), Fiber: 5.25g (20.99%), Copper: 0.36mg (18.1%), Magnesium: 60.47mg (15.12%), Vitamin B5: 1.21mg (12.13%), Folate: 43.92µg (10.98%), Calcium: 94.82mg (9.48%), Vitamin E: 0.79mg (5.3%)