



Grilled Sausage Sandwiches with Pickled Red Cabbage

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoon canola oil
- ☐ 4 servings grainy mustard
- ☐ 4 cup cabbage shredded red
- ☐ 0.5 cup red wine vinegar
- ☐ 4 servings salt and pepper
- ☐ 14 oz sausage smoked
- ☐ 4 kaiser rolls split

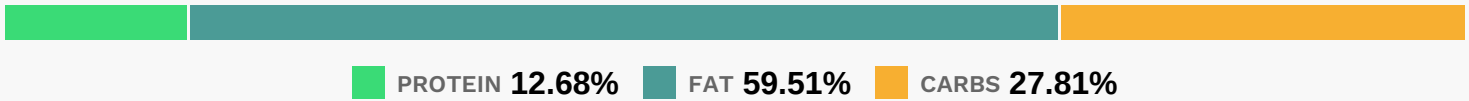
Equipment

- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat the oil in a large sautÃ© pan over medium heat.
- ☐ Add the cabbage and the onions, stirring to coat them in oil.
- ☐ Add a pinch of salt and cook, stirring occasionally, until the cabbage and onions have wilted.
- ☐ Add ¼ cup of the red wine vinegar and continue cooking until all the liquid is absorbed or evaporated, about 10 minutes.
- ☐ Add the rest of the vinegar and repeat the process until the liquid has mostly evaporated. Adjust the seasonings with salt and pepper. Set the mixture aside.Preheat a grill or grill pan until quite hot.
- ☐ Cut the sausage in half length-wise, and then again crosswise into 4-inch lengths. Grill the sausages until nicely colored, about 3 minutes per side.
- ☐ Serve the sausages on the Kaiser rolls with a heaping of the pickled cabbage mixture and plenty of good grainy mustard.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:24.48, Inflammation Score:-7, Nutrition Score:18.535652347233%

Flavonoids

Cyanidin: 186.75mg, Cyanidin: 186.75mg, Cyanidin: 186.75mg, Cyanidin: 186.75mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 601.04kcal (30.05%), Fat: 39.37g (60.56%), Saturated Fat: 9.94g (62.12%), Carbohydrates: 41.39g (13.8%), Net Carbohydrates: 38.24g (13.9%), Sugar: 7.81g (8.68%), Cholesterol: 70.45mg (23.48%), Sodium: 1409.14mg (61.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.74%), Iron: 12.57mg (69.83%), Vitamin C: 50.9mg (61.7%), Vitamin K: 41.56µg (39.58%), Vitamin B12: 1.5µg (24.97%), Selenium: 15.23µg (21.76%), Vitamin B1: 0.32mg (21.63%), Vitamin A: 996.79IU (19.94%), Vitamin B3: 3.6mg (18.01%), Vitamin B6: 0.36mg (17.91%), Zinc: 2.33mg (15.54%), Manganese: 0.29mg (14.4%), Phosphorus: 140.66mg (14.07%), Vitamin B2: 0.23mg (13.73%), Vitamin E: 1.95mg (13.02%), Fiber: 3.15g (12.6%), Potassium: 422.99mg (12.09%), Magnesium: 29.75mg (7.44%), Vitamin D: 1.09µg (7.28%), Calcium: 58.45mg (5.84%), Vitamin B5: 0.58mg (5.82%), Folate: 20.34µg (5.08%), Copper: 0.08mg (4.08%)