

Hawaiian Kielbasa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



401 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 oz barbecue sauce
- ☐ 0.5 cup brown sugar packed
- ☐ 15 oz pineapple crushed canned
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon ground ginger
- ☐ 3 pounds kielbasa sliced into 2-inch chunks
- ☐ 1 teaspoon onion powder

Equipment

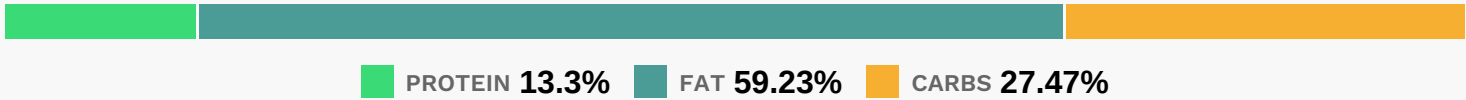
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slow cooker

Directions

- ☐ Combine all ingredients in a slow cooker.
- ☐ Mix well. Cover and cook on low setting for about 2 hours, until warmed through, or on high setting for about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.2, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:8.6986955715262%

Nutrients (% of daily need)

Calories: 401.37kcal (20.07%), Fat: 26.32g (40.49%), Saturated Fat: 9.4g (58.74%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 26.69g (9.71%), Sugar: 22.48g (24.97%), Cholesterol: 63.5mg (21.17%), Sodium: 1147.74mg (49.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.6%), Vitamin B1: 0.49mg (32.92%), Selenium: 16.95µg (24.22%), Vitamin B3: 3.45mg (17.25%), Vitamin B12: 0.89µg (14.82%), Phosphorus: 134.28mg (13.43%), Zinc: 1.86mg (12.42%), Vitamin B6: 0.23mg (11.43%), Manganese: 0.21mg (10.34%), Potassium: 346.93mg (9.91%), Iron: 1.74mg (9.66%), Vitamin B2: 0.16mg (9.42%), Copper: 0.14mg (7.17%), Magnesium: 23.05mg (5.76%), Vitamin B5: 0.48mg (4.78%), Vitamin C: 3.81mg (4.62%), Calcium: 33.79mg (3.38%), Fiber: 0.76g (3.04%), Vitamin E: 0.28mg (1.86%), Vitamin A: 90.48IU (1.81%), Folate: 4.21µg (1.05%)