



Island Kielbasa in a Slow Cooker

 Gluten Free  Dairy Free

READY IN



310 min.

SERVINGS



6

CALORIES



862 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups brown sugar
- 2 cups catsup
- 15 ounce pineapple chunks undrained canned
- 2 pounds sausage sliced into 1/2 inch pieces

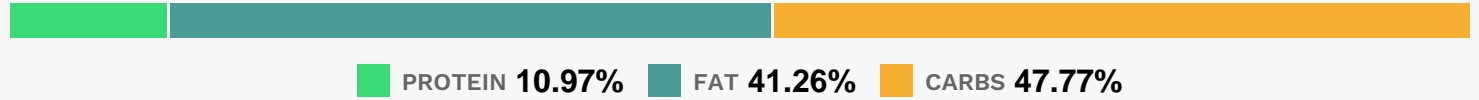
Equipment

- slow cooker

Directions

- Place the sausage, ketchup, sugar and pineapple in the slow cooker and mix together.
- Cook on low setting for 5 to 6 hours, until sausage is cooked through.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:15.196087090865%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 861.63kcal (43.08%), Fat: 40.27g (61.95%), Saturated Fat: 13.32g (83.23%), Carbohydrates: 104.89g (34.96%), Net Carbohydrates: 103.73g (37.72%), Sugar: 98.28g (109.2%), Cholesterol: 108.86mg (36.29%), Sodium: 1708.46mg (74.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.19%), Vitamin B3: 8.54mg (42.68%), Vitamin B6: 0.67mg (33.61%), Vitamin B1: 0.5mg (33.13%), Zinc: 3.51mg (23.4%), Phosphorus: 232.81mg (23.28%), Potassium: 785.19mg (22.43%), Vitamin B12: 1.29µg (21.42%), Vitamin B2: 0.33mg (19.54%), Iron: 2.68mg (14.87%), Copper: 0.28mg (13.9%), Vitamin C: 11mg (13.33%), Vitamin D: 1.97µg (13.1%), Magnesium: 48.8mg (12.2%), Vitamin B5: 1.15mg (11.49%), Vitamin A: 559.23IU (11.18%), Vitamin E: 1.47mg (9.8%), Calcium: 97.81mg (9.78%), Manganese: 0.13mg (6.68%), Fiber: 1.16g (4.65%), Vitamin K: 3.5µg (3.33%), Folate: 12.99µg (3.25%), Selenium: 1.72µg (2.46%)