



Kielbasa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 10 servings accompaniment: beet horseradish sauce white
- ☐ 2 pound kielbasa smoked
- ☐ 1 cup water

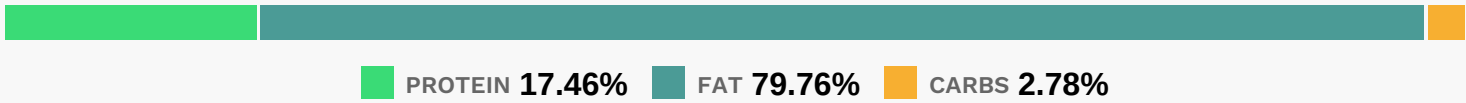
Equipment

- ☐ frying pan
- ☐ knife
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Pierce kielbasa 4 or 5 times on each side with tip of a sharp knife. Simmer kielbasa in water in a 12-inch heavy skillet, partially covered with lid, over moderately low heat until heated through, about 30 minutes (check after 15 minutes and add a little more water if skillet is almost dry).
- ☐ Transfer kielbasa with tongs to a cutting board and cut diagonally into 3/4-inch-thick slices.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:6.9452173034458%

Nutrients (% of daily need)

Calories: 298.14kcal (14.91%), Fat: 26.09g (40.14%), Saturated Fat: 9.38g (58.6%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.4g (0.44%), Cholesterol: 63.5mg (21.17%), Sodium: 816.88mg (35.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.7%), Vitamin B1: 0.46mg (30.39%), Selenium: 16.2µg (23.14%), Vitamin B3: 3.14mg (15.71%), Vitamin B12: 0.89µg (14.82%), Phosphorus: 124.93mg (12.49%), Zinc: 1.79mg (11.96%), Vitamin B6: 0.18mg (8.8%), Vitamin B2: 0.14mg (7.97%), Iron: 1.33mg (7.37%), Potassium: 227.3mg (6.49%), Copper: 0.09mg (4.42%), Vitamin B5: 0.41mg (4.13%), Magnesium: 14.29mg (3.57%), Vitamin C: 2.15mg (2.61%), Manganese: 0.05mg (2.54%), Calcium: 14.4mg (1.44%), Folate: 4.66µg (1.17%)