



Kielbasa Appetizers

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



70 min.

SERVINGS



8

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbecue sauce
- 18 fluid ounces beer
- 0.5 cup brown sugar
- 0.3 cup dijon mustard
- 2 pounds kielbasa sausage cut into 1/2 inch pieces (Polish)

Equipment

- frying pan

Directions

Combine the beer, barbecue sauce, brown sugar, and Dijon mustard in a large skillet over medium heat. Bring to a boil, stirring occasionally; reduce heat to low and add the kielbasa. Simmer until kielbasa is browned and glazed, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.56, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:10.138260929481%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 540.05kcal (27%), Fat: 30.75g (47.31%), Saturated Fat: 10.02g (62.64%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 41.38g (15.05%), Sugar: 34.63g (38.47%), Cholesterol: 81.65mg (27.22%), Sodium: 1470.32mg (63.93%), Alcohol: 2.59g (100%), Alcohol %: 1.24% (100%), Protein: 18.29g (36.58%), Vitamin B3: 6.11mg (30.57%), Vitamin B1: 0.34mg (22.97%), Vitamin B6: 0.44mg (21.82%), Phosphorus: 184.11mg (18.41%), Zinc: 2.63mg (17.53%), Vitamin B12: 0.98µg (16.29%), Potassium: 477.13mg (13.63%), Vitamin B2: 0.2mg (11.52%), Iron: 1.9mg (10.56%), Vitamin D: 1.47µg (9.83%), Vitamin B5: 0.93mg (9.34%), Magnesium: 33.13mg (8.28%), Copper: 0.14mg (6.82%), Manganese: 0.13mg (6.63%), Selenium: 4.04µg (5.77%), Vitamin E: 0.75mg (5.02%), Calcium: 50.23mg (5.02%), Vitamin A: 233.45IU (4.67%), Fiber: 0.91g (3.63%), Folate: 7.08µg (1.77%), Vitamin K: 1.72µg (1.64%), Vitamin C: 1.21mg (1.46%)