

# Kielbasa for the Super Bowl®

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



32

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 36 ounce barbecue sauce
- 18 ounce grape jelly
- 4 pounds sausage cut into 1/2 inch pieces hillshire farm® (Polish) (such as )

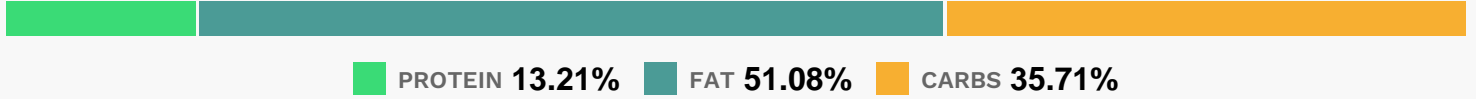
## Equipment

- slow cooker

## Directions

- Place the kielbasa into a slow cooker.
- Add the grape jelly and barbeque sauce.
- Cook on Medium until hot, about 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:2.59, Glycemic Load:5.95, Inflammation Score:-1, Nutrition Score:4.7947826281838%

## Nutrients (% of daily need)

Calories: 271.55kcal (13.58%), Fat: 15.25g (23.47%), Saturated Fat: 5g (31.27%), Carbohydrates: 24g (8%), Net Carbohydrates: 23.54g (8.56%), Sugar: 18.32g (20.36%), Cholesterol: 40.82mg (13.61%), Sodium: 694.21mg (30.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.75%), Vitamin B3: 2.86mg (14.31%), Vitamin B1: 0.17mg (11.05%), Vitamin B6: 0.2mg (10.03%), Zinc: 1.29mg (8.63%), Phosphorus: 85.95mg (8.6%), Vitamin B12: 0.48µg (8.03%), Potassium: 226.88mg (6.48%), Vitamin B2: 0.1mg (5.83%), Iron: 0.91mg (5.06%), Vitamin D: 0.74µg (4.91%), Vitamin B5: 0.44mg (4.36%), Copper: 0.08mg (3.82%), Magnesium: 12.72mg (3.18%), Vitamin E: 0.38mg (2.55%), Manganese: 0.05mg (2.47%), Vitamin C: 1.99mg (2.41%), Vitamin A: 113.97IU (2.28%), Calcium: 18.82mg (1.88%), Fiber: 0.46g (1.85%), Selenium: 0.73µg (1.05%)