



Kielbasa Made Easy

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

READY IN



75 min.

SERVINGS



15

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 ounce barbecue sauce
- 32 ounce sausage cut into 1 inch pieces
- 32 ounce roasted cranberry sauce whole canned

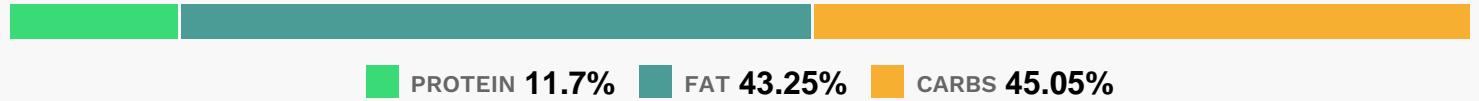
Equipment

- frying pan
- slow cooker

Directions

- Brown the kielbasa in a large skillet over medium high heat.
- Place the browned kielbasa, cranberry sauce and barbeque sauce in a slow cooker set on low. Allow the mixture to simmer at least 1 hour before serving warm.

Nutrition Facts



Properties

Glycemic Index:1.87, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.4886956616588%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 338.53kcal (16.93%), Fat: 16.35g (25.15%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 38.31g (12.77%), Net Carbohydrates: 37.34g (13.58%), Sugar: 30.53g (33.92%), Cholesterol: 43.54mg (14.51%), Sodium: 738.07mg (32.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Vitamin B3: 3.11mg (15.54%), Vitamin B1: 0.18mg (12.21%), Vitamin B6: 0.22mg (10.95%), Zinc: 1.39mg (9.26%), Phosphorus: 90.87mg (9.09%), Vitamin B12: 0.51µg (8.57%), Potassium: 245.85mg (7.02%), Vitamin E: 0.95mg (6.33%), Iron: 1.14mg (6.32%), Vitamin B2: 0.11mg (6.21%), Vitamin D: 0.79µg (5.24%), Vitamin B5: 0.46mg (4.62%), Manganese: 0.08mg (4.11%), Copper: 0.08mg (4.01%), Fiber: 0.97g (3.89%), Magnesium: 14.1mg (3.52%), Vitamin A: 146.96IU (2.94%), Calcium: 18.48mg (1.85%), Vitamin K: 1.7µg (1.62%), Vitamin C: 1.23mg (1.49%)