



Kielbasa with Honey Mustard



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



328 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 1.5 cups ginger ale
- ☐ 8 ounces dijon honey mustard
- ☐ 1 pound kielbasa sausage

Equipment

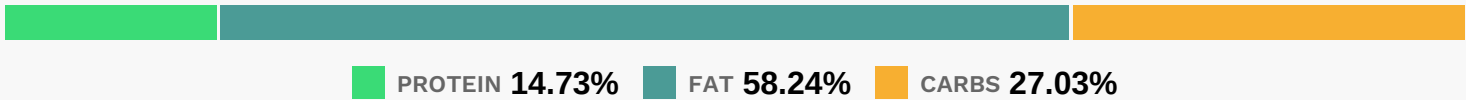
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat oven to broil. Line a baking sheet with aluminum foil. Slice kielbasa diagonally into 1/4 inch pieces.
- ☐ In a medium-size skillet saute kielbasa in ginger ale until they are heated through.
- ☐ Drain well. Arrange the kielbasa on the prepared baking sheet, then sprinkle them with brown sugar.
- ☐ Broil the kielbasa until the brown sugar melts and begins to crystallize, check after 3 to 5 minutes.
- ☐ Serve the kielbasa with honey mustard for dipping.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:3.26, Inflammation Score:-1, Nutrition Score:4.9421739374166%

Nutrients (% of daily need)

Calories: 328.01kcal (16.4%), Fat: 20.06g (30.86%), Saturated Fat: 6.65g (41.56%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 20.94g (7.62%), Sugar: 13.46g (14.95%), Cholesterol: 54.43mg (18.14%), Sodium: 674.12mg (29.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.82%), Vitamin B3: 3.56mg (17.78%), Vitamin B1: 0.21mg (13.86%), Vitamin B6: 0.23mg (11.58%), Zinc: 1.67mg (11.13%), Vitamin B12: 0.64µg (10.71%), Phosphorus: 102.08mg (10.21%), Vitamin D: 0.98µg (6.55%), Vitamin B2: 0.09mg (5.43%), Potassium: 188.96mg (5.4%), Iron: 0.95mg (5.28%), Vitamin B5: 0.51mg (5.08%), Copper: 0.06mg (3.04%), Magnesium: 11.23mg (2.81%), Vitamin A: 56.7IU (1.13%)