



Maxwell Street Polish Sausage Sandwiches

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 poppy seed hot dog buns
- ☐ 1.5 pounds polish kielbasa dry with a paper towel
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 large onion thinly sliced
- ☐ 8 pickled sport peppers
- ☐ 1 tablespoon vegetable oil
- ☐ 4 servings mustard yellow for topping

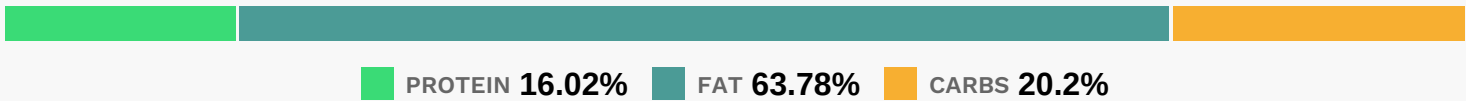
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 200 degrees F.
- ☐ Heat the vegetable oil in a heavy-bottomed skillet over medium heat.
- ☐ Add the kielbasa and cook until golden brown, about 5 minutes per side. Set in a baking dish and place in the oven to keep warm.
- ☐ To the same skillet, add the onion and stir to combine with the oil remaining in the pan. Season with salt and pepper and cook over medium-low heat, stirring occasionally, for 30 minutes. Once the onion is golden and soft, set aside.
- ☐ Place a sausage on a bun, slather with good yellow mustard and top with an ample amount of caramelized onion and 2 or 3 pickled peppers. Wrap the sandwich in deli paper, parchment paper or foil.
- ☐ Let sit for 5 minutes to get all good and steamed up.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:14.99, Inflammation Score:-9, Nutrition Score:30.000869502192%

Flavonoids

Luteolin: 11.22mg, Luteolin: 11.22mg, Luteolin: 11.22mg, Luteolin: 11.22mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg

Nutrients (% of daily need)

Calories: 768.8kcal (38.44%), Fat: 54.52g (83.88%), Saturated Fat: 18.61g (116.34%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 33.21g (12.08%), Sugar: 10.47g (11.63%), Cholesterol: 119.07mg (39.69%), Sodium: 1957.43mg (85.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.81g (61.62%), Vitamin C: 196.4mg (238.06%), Vitamin B1: 1.25mg (83.13%), Selenium: 43.56µg (62.22%), Vitamin B6: 0.93mg (46.58%), Vitamin B3: 8.85mg (44.23%), Manganese: 0.68mg (33.92%), Phosphorus: 338.13mg (33.81%), Vitamin B12: 1.75µg (29.2%), Iron: 4.88mg (27.09%), Vitamin B2: 0.46mg (26.94%), Potassium: 933.77mg (26.68%), Zinc: 4mg (26.66%), Vitamin K: 26.13µg (24.89%), Fiber: 5.66g (22.65%), Copper: 0.38mg (18.75%), Folate: 74.63µg (18.66%), Vitamin A: 885.33IU (17.71%), Magnesium: 63.54mg (15.89%), Calcium: 117.31mg (11.73%), Vitamin B5: 1.06mg (10.62%), Vitamin E: 1.3mg (8.66%)