



Milwaukee Sweet-Tart Supper

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



359 kcal

Ingredients

- ☐ 0.5 teaspoon caraway seeds
- ☐ 14.3 ounce chicken broth fat-free canned
- ☐ 3 large granny smith apples cored peeled
- ☐ 1 medium onion separated thinly sliced
- ☐ 3.5 pounds potatoes red peeled quartered
- ☐ 30 ounce sauerkraut bavarian-style rinsed drained canned
- ☐ 1 ounce swiss cheese shredded
- ☐ 1.5 pounds turkey kielbasa low-fat cut into 3-inch pieces

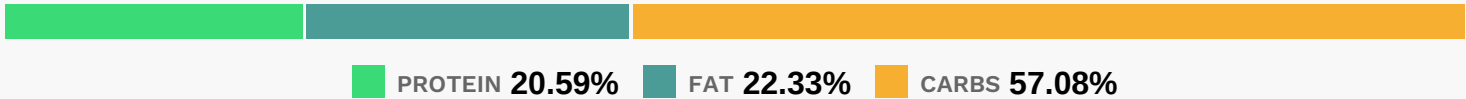
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Place half of sausage in an electric slow cooker; top with sauerkraut, remaining sausage, apple slices, and onion rings.
- ☐ Pour broth over mixture, and sprinkle with caraway seeds. Cover with lid, and cook on high-heat setting for 4 hours or until apples and onion are tender.
- ☐ Place potatoes in a saucepan; cover with water, and bring to a boil. Cook 20 minutes or until tender; drain.
- ☐ Arrange sausage mixture and potatoes on individual plates, and sprinkle cheese over sausage mixture.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:3.82, Inflammation Score:-7, Nutrition Score:24.300869532253%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 358.84kcal (17.94%), Fat: 9.23g (14.2%), Saturated Fat: 3.99g (24.92%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 43.56g (15.84%), Sugar: 16.53g (18.37%), Cholesterol: 48.37mg (16.12%), Sodium: 1970.11mg (85.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.28%), Vitamin C: 63.44mg (76.9%), Iron:

11.4mg (63.34%), Vitamin B6: 0.86mg (43.02%), Potassium: 1380.11mg (39.43%), Fiber: 9.51g (38.04%), Phosphorus: 339.45mg (33.94%), Selenium: 22.77µg (32.53%), Vitamin B3: 5.94mg (29.69%), Copper: 0.5mg (25.14%), Manganese: 0.49mg (24.74%), Magnesium: 86.29mg (21.57%), Vitamin K: 22.2µg (21.14%), Zinc: 2.9mg (19.31%), Folate: 74µg (18.5%), Vitamin B1: 0.27mg (17.89%), Vitamin B2: 0.28mg (16.43%), Calcium: 112.2mg (11.22%), Vitamin B12: 0.57µg (9.56%), Vitamin B5: 0.8mg (7.96%), Vitamin A: 230.8IU (4.62%), Vitamin E: 0.42mg (2.82%), Vitamin D: 0.17µg (1.13%)