



## North German Gruenkohl (Kale) and Sausage

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 slices bacon chopped
- 2 teaspoons beef bouillon granules
- 0.3 teaspoon ground nutmeg
- 4 servings salt and ground pepper black to taste
- 0.5 pound thickly ham cooked sliced to taste
- 1 pound kale stemmed chopped
- 1 tablespoon mustard prepared
- 0.5 onion chopped

- 4 links kielbasa sausage

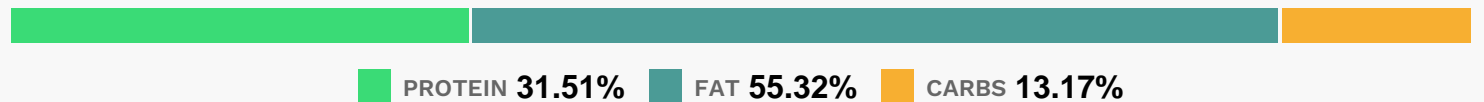
## Equipment

- frying pan
- pot
- slotted spoon

## Directions

- Bring a pot of water to a boil, and stir in the kale; boil for 1 minute, and remove from the water with a slotted spoon. Set the blanched kale aside.
- Place bacon into a large skillet over medium heat, and cook until browned, stirring frequently, about 8 minutes. Stir in the onion, and cook until translucent, about 5 minutes. Stir in the blanched kale, and cook until kale is bright green and starting to turn tender, about 4 minutes.
- Pour in enough water to cover, and bring the mixture to a boil. Reduce heat to a simmer, and stir in the beef bouillon granules and nutmeg. Simmer the kale until tender, about 30 minutes.
- Stir the mustard into the kale, and lay the ham slices and sausage links on top. Simmer the kale, ham, and sausages until the sausages are cooked through, about 35 more minutes. Season to taste with salt and black pepper before serving.

## Nutrition Facts



## Properties

Glycemic Index:55.25, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:28.730434780535%

## Flavonoids

Isorhamnetin: 27.45mg, Isorhamnetin: 27.45mg, Isorhamnetin: 27.45mg, Isorhamnetin: 27.45mg Kaempferol: 53.16mg, Kaempferol: 53.16mg, Kaempferol: 53.16mg, Kaempferol: 53.16mg Quercetin: 28.4mg, Quercetin: 28.4mg, Quercetin: 28.4mg, Quercetin: 28.4mg

## Nutrients (% of daily need)

Calories: 206.41kcal (10.32%), Fat: 13.05g (20.08%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.72g (1.92%), Cholesterol: 53.04mg (17.68%), Sodium: 1112.4mg (48.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.46%), Vitamin K: 442.53µg (421.46%), Vitamin A:

11338.95IU (226.78%), Vitamin C: 120.17mg (145.66%), Manganese: 0.83mg (41.47%), Vitamin B1: 0.49mg (32.86%), Vitamin B2: 0.55mg (32.46%), Calcium: 299.15mg (29.91%), Phosphorus: 263.75mg (26.38%), Selenium: 17.19µg (24.56%), Vitamin B3: 4.14mg (20.68%), Fiber: 5.1g (20.38%), Vitamin B6: 0.38mg (19.02%), Folate: 75.32µg (18.83%), Potassium: 620.6mg (17.73%), Vitamin B12: 0.9µg (15.01%), Iron: 2.5mg (13.89%), Magnesium: 55.52mg (13.88%), Zinc: 1.98mg (13.18%), Vitamin B5: 0.73mg (7.29%), Copper: 0.14mg (7.15%), Vitamin E: 0.84mg (5.59%)