



Pan-Grilled Sausages with Sauerkraut

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

READY IN



25 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon caraway seeds
- 0.5 cup chicken broth
- 1 tablespoon olive oil
- 1 onion chopped
- 4 servings bell pepper
- 1 lb sauerkraut rinsed drained
- 1 lb similar precooked sausage
- 2 cups apple sauce unsweetened warmed jarred

Equipment

- frying pan

Directions

- Cut kielbasa on an angle, into 3- to 4-inch pieces. Warm oil in a large skillet over medium-high heat; add onion and caraway seeds. Cook, stirring often, until onion is slightly softened, about 3 minutes.
- Add sausage and cook, turning often, until lightly browned, about 5 minutes.
- Place sauerkraut on top of sausages and pour in broth. Season lightly with pepper. Cover and cook until warmed through, about 10 minutes. (If sauerkraut seems too wet, boil rapidly for a few minutes. As it boils and liquid evaporates, flavors will also be concentrated.)
- Serve hot with warmed applesauce on side or with mustard, if desired.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:22.91173894509%

Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 485.58kcal (24.28%), Fat: 34.4g (52.92%), Saturated Fat: 10.57g (66.09%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 19.35g (7.03%), Sugar: 17.91g (19.89%), Cholesterol: 82.23mg (27.41%), Sodium: 1586.6mg (68.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.75%), Vitamin C: 116.39mg (141.08%), Vitamin A: 2480.02IU (49.6%), Vitamin B6: 0.78mg (39.13%), Vitamin B3: 6.48mg (32.39%), Fiber: 7.23g (28.93%), Vitamin B1: 0.43mg (28.81%), Potassium: 787.22mg (22.49%), Phosphorus: 218.91mg (21.89%), Iron: 3.87mg (21.49%), Vitamin K: 21.67µg (20.64%), Zinc: 3.05mg (20.33%), Manganese: 0.36mg (17.97%), Folate: 71.65µg (17.91%), Vitamin B2: 0.29mg (17.27%), Vitamin B12: 0.97µg (16.16%), Vitamin E: 2.31mg (15.37%), Copper:

0.26mg (12.9%), Magnesium: 50.13mg (12.53%), Vitamin B5: 1.19mg (11.89%), Vitamin D: 1.47µg (9.83%), Calcium: 72.19mg (7.22%), Selenium: 1.56µg (2.22%)