



Party Kielbasa

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

READY IN



35 min.

SERVINGS



15

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups grape jelly
- 2 cups catsup
- 2 pounds sausage

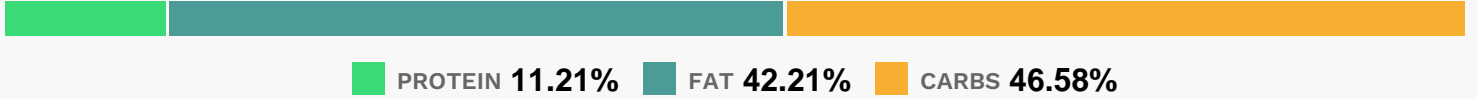
Equipment

- slow cooker

Directions

- Slice kielbasa into strips or circles.
- Pour ketchup and jelly into a slow cooker. Turn the heat to a medium temperature, stir occasionally while the jelly and ketchup melt together. When the mixture forms into a thin glaze, add the kielbasa and cook until the kielbasa is hot.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:16.9, Inflammation Score:-2, Nutrition Score:5.9673912577007%

Flavonoids

Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 342.2kcal (17.11%), Fat: 16.11g (24.78%), Saturated Fat: 5.33g (33.3%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 39.41g (14.33%), Sugar: 28.8g (32%), Cholesterol: 43.54mg (14.51%), Sodium: 689.39mg (29.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.25%), Vitamin B3: 3.32mg (16.59%), Vitamin B6: 0.24mg (12.23%), Vitamin B1: 0.18mg (11.81%), Phosphorus: 98.58mg (9.86%), Vitamin B2: 0.16mg (9.49%), Zinc: 1.39mg (9.29%), Vitamin B12: 0.51µg (8.57%), Potassium: 274.81mg (7.85%), Vitamin C: 5.72mg (6.94%), Copper: 0.11mg (5.62%), Iron: 1.01mg (5.59%), Vitamin D: 0.79µg (5.24%), Vitamin B5: 0.43mg (4.3%), Vitamin E: 0.64mg (4.24%), Vitamin A: 209.52IU (4.19%), Magnesium: 14.44mg (3.61%), Manganese: 0.05mg (2.64%), Fiber: 0.59g (2.38%), Folate: 8.47µg (2.12%), Calcium: 19.31mg (1.93%), Selenium: 1.13µg (1.62%), Vitamin K: 1.2µg (1.14%)