



Pasta with Kielbasa and Sauerkraut

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons mustard dijon-style prepared
- ☐ 3 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 12 ounces sauerkraut drained and rinsed

- ☐ 1 pound kielbasa sausage sliced into 1/2 inch pieces
- ☐ 0.3 cup white wine
- ☐ 12 ounces ziti pasta dry

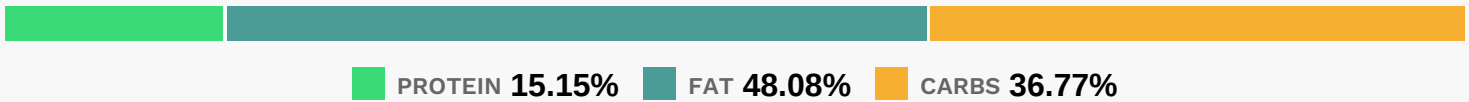
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.
- ☐ Heat olive oil in a large skillet over medium heat. Cook onion and bell pepper in oil, stirring frequently, until onion is tender. Stir in garlic and kielbasa, and cook until kielbasa begins to brown, about 8 minutes. Stir in sauerkraut, mustard, and cayenne; cook about 4 minutes more. Stir in wine and parsley, and heat through.
- ☐ Toss ziti with kielbasa and sauerkraut, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:18.06, Inflammation Score:-7, Nutrition Score:18.896956443787%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 538.59kcal (26.93%), Fat: 28.26g (43.47%), Saturated Fat: 7.83g (48.92%), Carbohydrates: 48.62g (16.21%), Net Carbohydrates: 44.15g (16.05%), Sugar: 4.32g (4.8%), Cholesterol: 54.43mg (18.14%), Sodium: 917.08mg (39.87%), Alcohol: 1.03g (100%), Alcohol %: 0.52% (100%), Protein: 20.04g (40.08%), Selenium: 38.14µg (54.49%), Vitamin C: 37.73mg (45.73%), Manganese: 0.71mg (35.35%), Vitamin K: 35µg (33.33%), Vitamin B3: 4.88mg (24.4%), Vitamin B6: 0.49mg (24.39%), Phosphorus: 240.58mg (24.06%), Vitamin B1: 0.3mg (20.21%), Zinc: 2.7mg (17.99%), Fiber: 4.47g (17.89%), Vitamin A: 811.15IU (16.22%), Iron: 2.78mg (15.45%), Potassium: 505.33mg (14.44%), Copper: 0.29mg (14.39%), Magnesium: 56.56mg (14.14%), Vitamin E: 1.64mg (10.96%), Vitamin B12: 0.64µg (10.71%), Folate: 39.7µg (9.93%), Vitamin B2: 0.17mg (9.88%), Vitamin B5: 0.92mg (9.21%), Vitamin D: 0.98µg (6.55%), Calcium: 49.12mg (4.91%)