



Philly-style Kielbasa with Fennel Kraut and Peppers

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



877 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cider vinegar
- ☐ 1 tablespoon fennel seeds whole
- ☐ 1 bell pepper green cored seeded sliced lengthwise into 1/2-inch strips
- ☐ 24 ounce lager (recommended: Yuengling)
- ☐ 1 bell pepper red cored seeded sliced lengthwise into 1/2-inch strips
- ☐ 1 tablespoon salt
- ☐ 6 servings salt

- ☐ 3 pound sausage kielbasa polish-style cut into 4 pieces (recommended: hillshire farms)
- ☐ 0.3 cup vegetable oil
- ☐ 2 quarts water
- ☐ 3 cups water
- ☐ 1 head cabbage shredded white finely

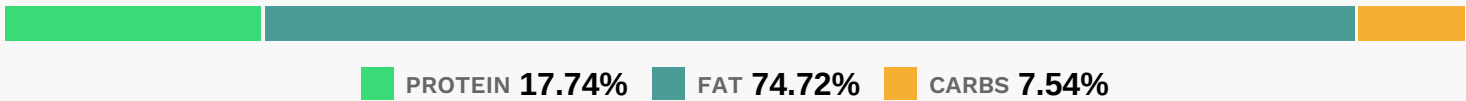
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Combine all ingredients in a Dutch oven. Bring to a simmer, over medium-low heat, cover, and cook for 1 hour, stirring a couple times.
- ☐ Combine water and beer in a large pot. Bring to a simmer over medium heat. Slip in sausages and cook 15 to 20 minutes.
- ☐ Heat oil in a large nonstick skillet over high heat. When oil is hot, add pepper slices, sprinkle generously with salt, and saute until wilted and lightly colored, about 8 minutes, stirring often.
- ☐ Serve kielbasas with the kraut and peppers.

Nutrition Facts



Properties

Glycemic Index:32.42, Glycemic Load:4.28, Inflammation Score:-8, Nutrition Score:31.355651814005%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg Gallocatechin: 0.09mg,

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Nutrients (% of daily need)

Calories: 877.29kcal (43.86%), Fat: 69.65g (107.15%), Saturated Fat: 21.41g (133.84%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 10.88g (3.96%), Sugar: 6.31g (7.01%), Cholesterol: 163.29mg (54.43%), Sodium: 2856.68mg (124.2%), Alcohol: 4.42g (100%), Alcohol %: 0.55% (100%), Protein: 37.21g (74.41%), Vitamin K: 135.06µg (128.63%), Vitamin C: 98.52mg (119.42%), Vitamin B3: 11.95mg (59.76%), Vitamin B6: 1.04mg (52.03%), Vitamin B1: 0.75mg (49.85%), Phosphorus: 378.58mg (37.86%), Zinc: 5.38mg (35.87%), Vitamin B12: 1.95µg (32.51%), Potassium: 973.19mg (27.81%), Manganese: 0.48mg (23.85%), Vitamin B2: 0.39mg (23.03%), Folate: 85.25µg (21.31%), Iron: 3.68mg (20.46%), Vitamin A: 1014.12IU (20.28%), Fiber: 4.93g (19.74%), Vitamin B5: 1.97mg (19.72%), Vitamin D: 2.95µg (19.66%), Magnesium: 71.29mg (17.82%), Copper: 0.28mg (14.24%), Vitamin E: 1.79mg (11.92%), Calcium: 117.45mg (11.75%), Selenium: 1.2µg (1.71%)