



Pickled Sausage



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



21 kcal

SIDE DISH

Ingredients

- 10 links beef sausage smoked
- 10 drops food coloring red
- 2 tablespoons salt
- 4 cups water
- 4 cups distilled vinegar white

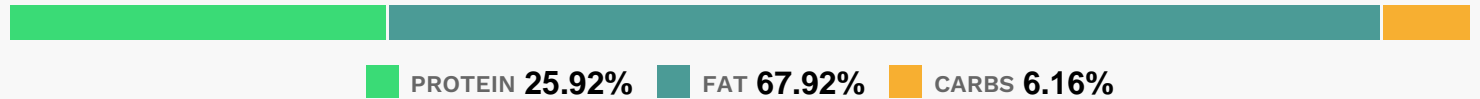
Equipment

- pot

Directions

- In a large pot over medium-high heat, combine the water, salt, vinegar, and red food coloring. Bring to a boil.
- Cut the sausage links into halves or thirds, depending on size, and place into a large sterile jar.
- Pour the hot vinegar mixture in with the sausage, secure the lid, and let stand for 2 days before serving.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.39521739154082%

Nutrients (% of daily need)

Calories: 20.9kcal (1.05%), Fat: 0.2g (0.31%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 0.04g (0.01%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0.04g (0.05%), Cholesterol: 0.71mg (0.24%), Sodium: 1402.73mg (60.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Manganese: 0.06mg (2.99%), Copper: 0.02mg (1.15%)