



Polish Link Sausage and Cabbage

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 fluid ounce beer canned
- 3 tablespoons butter
- 0.5 medium head cabbage cut into chunks
- 4 servings ground pepper black to taste
- 16 ounce kielbasa sausage sliced into rounds

Equipment

- pot

Directions

- Melt butter in a pot over medium heat. Cook and stir cabbage in the butter until tender, about 5 minutes.
- Add sausage and beer to the cabbage; stir. Season cabbage mixture with pepper. Simmer mixture until the sausage casings begin to shrink, about 20 minutes.
- Drain liquid from mixture before serving.

Nutrition Facts

PROTEIN 16.44% **FAT 75.11%** **CARBS 8.45%**

Properties

Glycemic Index:48.63, Glycemic Load:2.94, Inflammation Score:-6, Nutrition Score:17.361739194911%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 486.79kcal (24.34%), Fat: 38.72g (59.56%), Saturated Fat: 15.41g (96.32%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 6.94g (2.52%), Sugar: 3.64g (4.04%), Cholesterol: 104.22mg (34.74%), Sodium: 812.73mg (35.34%), Alcohol: 3.46g (100%), Alcohol %: 1.34% (100%), Protein: 19.07g (38.14%), Vitamin K: 87.61µg (83.44%), Vitamin C: 42.33mg (51.31%), Vitamin B3: 6.06mg (30.3%), Vitamin B6: 0.53mg (26.46%), Vitamin B1: 0.39mg (25.74%), Phosphorus: 197.69mg (19.77%), Zinc: 2.68mg (17.9%), Vitamin B12: 1µg (16.66%), Potassium: 501.98mg (14.34%), Folate: 55.59µg (13.9%), Vitamin B2: 0.21mg (12.33%), Fiber: 2.86g (11.45%), Vitamin B5: 1.05mg (10.51%), Manganese: 0.21mg (10.36%), Iron: 1.82mg (10.12%), Vitamin D: 1.47µg (9.83%), Vitamin A: 459.22IU (9.18%), Magnesium: 35.2mg (8.8%), Calcium: 62.12mg (6.21%), Copper: 0.1mg (5.11%), Vitamin E: 0.63mg (4.2%), Selenium: 0.98µg (1.4%)