



Polish Noodles

 Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



274 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large head cabbage chopped
- 1 bell pepper diced green
- 8 ounce kluski noodles
- 1 onion diced
- 24 ounce sage pork sausage
- 12 servings salt and pepper to taste

Equipment

- frying pan

pot

Directions

- Bring a pot of lightly salted water to a rolling boil over high heat. Stir in the egg noodles, and return to a boil. Cook, uncovered, stirring occasionally, until the pasta is cooked through, but still firm to the bite, about 5 minutes.
- Drain.
- Meanwhile, heat a large skillet over medium-high heat and stir in the sausage, green pepper, and onion. Cook and stir until the sausage is crumbly, evenly browned, and no longer pink, about 10 minutes.
- Drain and discard any excess grease.
- Bring the 4 cups of water to a boil in a large pot. Stir in the cabbage, the sausage mixture, and the noodles. Simmer over medium-low heat, stirring occasionally, until the cabbage is tender, about 30 minutes.
- Add water while cooking if needed; the mixture should not be dry. Season to taste with salt and pepper.
- Garnish with sour cream if desired.

Nutrition Facts

 PROTEIN **18.23%**  FAT **50.57%**  CARBS **31.2%**

Properties

Glycemic Index:12.58, Glycemic Load:7.4, Inflammation Score:-5, Nutrition Score:14.996521659519%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 274.13kcal (13.71%), Fat: 15.46g (23.78%), Saturated Fat: 5.08g (31.78%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 17.93g (6.52%), Sugar: 4.46g (4.95%), Cholesterol: 40.82mg (13.61%), Sodium: 574.91mg (25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.08%), Vitamin K: 80.06µg (76.24%), Vitamin C: 47.11mg (57.11%), Manganese: 0.37mg (18.35%), Vitamin B6: 0.36mg (18.13%), Selenium: 12.3µg (17.58%), Vitamin B3:

3.29mg (16.45%), Vitamin B1: 0.25mg (16.42%), Phosphorus: 143.95mg (14.39%), Fiber: 3.53g (14.12%), Folate: 51.42µg (12.86%), Zinc: 1.71mg (11.42%), Potassium: 390.34mg (11.15%), Magnesium: 32.35mg (8.09%), Vitamin B12: 0.48µg (8.03%), Iron: 1.42mg (7.88%), Vitamin B2: 0.13mg (7.49%), Vitamin B5: 0.7mg (7.03%), Copper: 0.12mg (6.1%), Calcium: 53.89mg (5.39%), Vitamin D: 0.74µg (4.91%), Vitamin A: 181.32IU (3.63%), Vitamin E: 0.32mg (2.15%)