



Polish Sausage Kraut Skillet

READY IN



60 min.

SERVINGS



6

CALORIES



433 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons beef bouillon granules
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon caraway seeds
- ☐ 1 cup carrots sliced
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 1 onion sliced
- ☐ 2 potatoes sliced
- ☐ 6 servings salt and pepper black to taste

- ☐ 14.5 ounce sauerkraut drained canned
- ☐ 1 pound kielbasa sausage
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 cup water
- ☐ 1 teaspoon sugar white

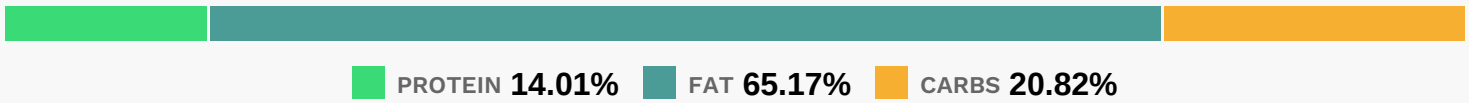
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat the butter in a large skillet with a lid over medium heat; cook and stir the onion and garlic until the onion is translucent, about 5 minutes. Stir in the water, potatoes, carrots, beef bouillon granules, sugar, and caraway seeds; bring to a boil. Reduce the heat to a simmer, and cook until the potatoes and carrots are tender, stirring occasionally, about 15 minutes.
- ☐ Place the sauerkraut on top of the vegetables in a layer, and place the sausages onto the sauerkraut. Cover, and cook until the sausages are heated through, about 15 minutes.
- ☐ Whisk the flour into the sour cream in a bowl, and stir into the sauerkraut mixture. Bring to a simmer to thicken the sour cream, sprinkle with salt and pepper, and serve hot.

Nutrition Facts



Properties

Glycemic Index:73.78, Glycemic Load:11.37, Inflammation Score:-10, Nutrition Score:17.467826076176%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.29mg, Quercetin:

4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 432.82kcal (21.64%), Fat: 31.61g (48.63%), Saturated Fat: 13.01g (81.33%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 18.16g (6.61%), Sugar: 5.79g (6.44%), Cholesterol: 87.15mg (29.05%), Sodium: 1591.25mg (69.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.59%), Vitamin A: 3990.91IU (79.82%), Vitamin C: 27.89mg (33.81%), Vitamin B6: 0.61mg (30.69%), Vitamin B3: 4.78mg (23.89%), Potassium: 760.68mg (21.73%), Vitamin B1: 0.32mg (21.38%), Phosphorus: 206.21mg (20.62%), Fiber: 4.56g (18.24%), Manganese: 0.3mg (15.23%), Zinc: 2.22mg (14.82%), Iron: 2.64mg (14.69%), Vitamin K: 14.37µg (13.68%), Vitamin B2: 0.22mg (13.09%), Vitamin B12: 0.75µg (12.46%), Magnesium: 46.2mg (11.55%), Copper: 0.23mg (11.4%), Vitamin B5: 1.01mg (10.1%), Folate: 40.34µg (10.08%), Calcium: 92.34mg (9.23%), Vitamin D: 0.98µg (6.55%), Selenium: 3.05µg (4.36%), Vitamin E: 0.65mg (4.34%)