



Sausage and Sauerkraut



Gluten Free



Dairy Free

READY IN



215 min.

SERVINGS



5

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples diced
- ☐ 0.5 pound bacon cut into 1-inch pieces
- ☐ 0.3 cup brown sugar
- ☐ 1 large onion chopped
- ☐ 2 pounds sauerkraut rinsed drained
- ☐ 1.5 pounds kielbasa sausage cut into slices

Equipment

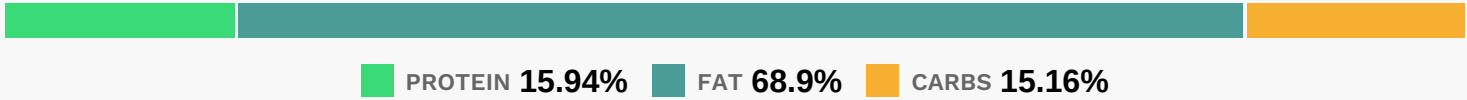
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place the sauerkraut, caraway seeds, brown sugar, and apple into a large saucepan over medium-low heat, and bring the mixture to a simmer. Reduce heat to low, and cook for 2 hours, stirring occasionally.
- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13-inch baking dish.
- ☐ Place the bacon and onion into a skillet over medium heat, and cook until the bacon is almost crisp and the onion is beginning to brown, about 10 minutes. Stir the bacon mixture into the sauerkraut. In the same skillet, brown the kielbasa sausage in the remaining bacon grease until the sausage begins to brown, 10 to 15 minutes; stir into the sauerkraut mixture. Spoon the sauerkraut and sausage mixture into the prepared baking dish.
- ☐ Bake in the preheated oven until bubbling, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:2.75, Inflammation Score:-5, Nutrition Score:20.51608678569%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 710.03kcal (35.5%), Fat: 54.45g (83.77%), Saturated Fat: 18.08g (113.03%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 20.32g (7.39%), Sugar: 18.96g (21.06%), Cholesterol: 127.91mg (42.64%), Sodium:

2369.67mg (103.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.69%), Vitamin B3: 8.56mg (42.82%), Vitamin B6: 0.83mg (41.42%), Vitamin C: 31.52mg (38.2%), Vitamin B1: 0.56mg (37.17%), Phosphorus: 298.45mg (29.85%), Fiber: 6.65g (26.58%), Zinc: 3.9mg (26.01%), Iron: 4.55mg (25.27%), Vitamin K: 25.05µg (23.86%), Potassium: 833.1mg (23.8%), Vitamin B12: 1.38µg (23.06%), Manganese: 0.34mg (17.21%), Copper: 0.31mg (15.49%), Vitamin B2: 0.26mg (15.31%), Selenium: 10.49µg (14.98%), Vitamin B5: 1.41mg (14.07%), Magnesium: 53.89mg (13.47%), Vitamin D: 1.95µg (13%), Folate: 51.81µg (12.95%), Calcium: 87.16mg (8.72%), Vitamin E: 0.78mg (5.19%), Vitamin A: 171.76IU (3.44%)