



Sausage 'n Kraut



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon caraway seeds
- ☐ 1 teaspoon celery flakes dried
- ☐ 1 tablespoon onion dried minced
- ☐ 4 servings ground pepper black to taste
- ☐ 12 ounce pork sausage halved lengthwise
- ☐ 32 ounce sauerkraut drained
- ☐ 2 tablespoons vegetable oil butter spread

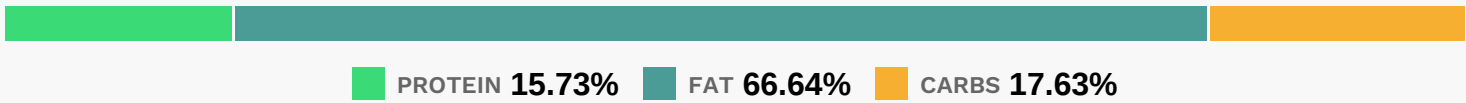
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Grill the sausages on the preheated grill until the sausages are browned, and no longer pink in the center about 5 minutes on each side.
- ☐ Cut the cooked sausage into 1/2-inch slices.
- ☐ While the sausage is grilling, melt the butter spread in a large skillet over medium-high heat. Stir in the sauerkraut, celery flakes, onion, caraway seeds, brown sugar, and pepper. Cook and stir until the sauerkraut begins to brown, about 10 minutes. Stir in the sausage slices.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.01, Inflammation Score:-5, Nutrition Score:15.821739124215%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 381.13kcal (19.06%), Fat: 28.6g (44%), Saturated Fat: 8.73g (54.58%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 10.11g (3.68%), Sugar: 10.34g (11.49%), Cholesterol: 61.24mg (20.41%), Sodium: 2108.45mg (91.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.19g (30.38%), Vitamin C: 35.01mg (42.44%), Vitamin B6: 0.58mg (29.02%), Vitamin K: 30.18µg (28.74%), Fiber: 6.91g (27.66%), Iron: 4.43mg (24.63%), Vitamin B3: 4.37mg (21.83%), Vitamin B1: 0.29mg (19.37%), Manganese: 0.39mg (19.36%), Potassium: 636.85mg (18.2%), Phosphorus: 168.91mg (16.89%), Zinc: 2.33mg (15.54%), Folate: 57.58µg (14.4%), Copper: 0.29mg (14.39%), Vitamin B12: 0.73µg (12.17%), Magnesium: 44.8mg (11.2%), Vitamin B2: 0.16mg (9.39%), Calcium: 90.02mg (9%), Vitamin B5: 0.81mg (8.14%), Vitamin D: 1.11µg (7.37%), Vitamin A: 358.08IU (7.16%), Vitamin E: 0.71mg (4.76%), Selenium: 1.56µg (2.24%)