



Sausage with Cabbage and Corn Sauté



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 6 cups cabbage green cored thinly sliced
- ☐ 1 cup ears corn fresh frozen thawed (cut from 2 ears or)
- ☐ 1.5 pounds ground sausage sweet italian
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion thinly sliced into half-moons cut in half and

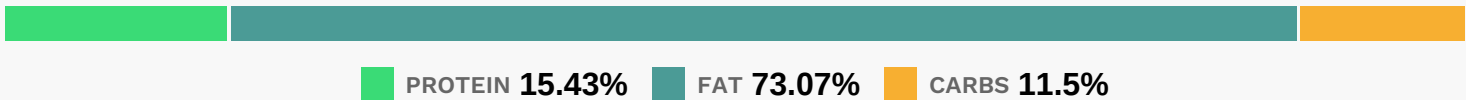
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Heat a large skillet over medium-high heat. Prick sausages with a fork and cook, turning occasionally, until browned all over and cooked through, 10 to 12 minutes.
- ☐ Transfer to a plate and cover with aluminum foil to keep warm.
- ☐ Heat oil in a skillet over medium heat.
- ☐ Add cabbage and onion; cook, stirring occasionally, 5 minutes.
- ☐ Add vinegar and cook, stirring occasionally, until cabbage is just tender, 3 to 4 more minutes.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:4, Inflammation Score:-6, Nutrition Score:25.729565309442%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 706.55kcal (35.33%), Fat: 57.43g (88.36%), Saturated Fat: 19.83g (123.91%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 16.3g (5.93%), Sugar: 9.6g (10.67%), Cholesterol: 129.27mg (43.09%), Sodium: 1563.72mg (67.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.28g (54.57%), Vitamin K: 82.57µg (78.64%), Vitamin B1: 1.1mg (73.59%), Selenium: 42.92µg (61.31%), Vitamin C: 47.07mg (57.06%), Vitamin B6: 0.72mg (36%), Vitamin B3: 6.46mg (32.31%), Phosphorus: 315.4mg (31.54%), Vitamin B12: 1.55µg (25.8%), Zinc: 3.48mg (23.2%), Potassium: 782.74mg (22.36%), Manganese: 0.43mg (21.38%), Vitamin B2: 0.36mg (21.08%), Folate: 81.15µg (20.29%), Iron: 2.93mg (16.27%), Fiber: 4.05g (16.2%), Vitamin B5: 1.4mg (14%), Magnesium: 55.92mg (13.98%), Copper: 0.2mg (9.9%), Calcium: 87.59mg (8.76%), Vitamin E: 0.7mg (4.65%), Vitamin A: 172.8IU (3.46%)