



WHATSheATE



Sausage with Cabbage and Corn Sauté



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 cup corn kernels frozen thawed (from 2 ears or and)
- ☐ 1.5 pounds ground sausage italian
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion thinly sliced
- ☐ 6 cups cabbage red thinly sliced

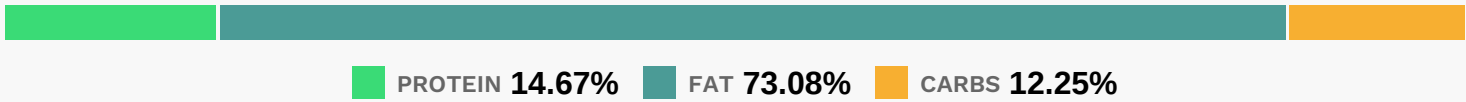
Equipment

☐ frying pan

Directions

- ☐ Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Prick the sausages with a fork and cook, turning occasionally, until browned, 10 to 12 minutes.
- ☐ Transfer to plates.
- ☐ Heat the remaining tablespoon of oil in the skillet over medium heat.
- ☐ Add the cabbage and onion and cook, stirring occasionally, for 5 minutes.
- ☐ Add the vinegar and cook, stirring occasionally, until the cabbage is just tender, 3 to 4 minutes. Stir in the corn, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Serve with the sausage.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:4.69, Inflammation Score:-9, Nutrition Score:28.524347761403%

Flavonoids

Cyanidin: 280.12mg, Cyanidin: 280.12mg, Cyanidin: 280.12mg, Cyanidin: 280.12mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 748.3kcal (37.41%), Fat: 61.04g (93.91%), Saturated Fat: 20.28g (126.75%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 18.76g (6.82%), Sugar: 10.91g (12.12%), Cholesterol: 129.27mg (43.09%), Sodium: 1562.6mg (67.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.15%), Vitamin C: 82.93mg (100.52%), Vitamin B1: 1.08mg (72.27%), Selenium: 43.42µg (62.03%), Vitamin K: 55.36µg (52.72%), Vitamin B6: 0.85mg (42.47%), Vitamin B3: 6.54mg (32.7%), Phosphorus: 314.35mg (31.44%), Vitamin A: 1509.06IU (30.18%), Manganese: 0.54mg (26.98%), Vitamin B12: 1.55µg (25.8%), Potassium: 881.58mg (25.19%), Vitamin B2: 0.42mg (24.97%), Zinc: 3.55mg (23.64%), Iron: 3.42mg (19%), Fiber: 4.26g (17.04%), Folate: 59.93µg (14.98%), Magnesium: 56.17mg (14.04%), Vitamin B5: 1.26mg (12.55%), Calcium: 105.04mg (10.5%), Copper: 0.19mg (9.56%), Vitamin E: 1.2mg (8%)