



## Sausages and Onions in Pale Ale

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb bratwurst
- 1 lb ground sausage italian
- 1 lb kielbasa
- 1 cup onion chopped
- 12 oz pale ale beer
- 15 oz black beans rinsed drained canned
- 32 oz sauerkraut drained

### Equipment

- oven
- dutch oven

## Directions

- Heat oven to 350°F. In 5–quart Dutch oven, cook sausages about 10 minutes, poking sausages to release fat.
- Drain fat.
- Add onion; cook and stir about 5 minutes or until golden.
- Add ale, beans and sauerkraut. Cover; bake about 45 to 55 minutes or until sausages are tender.

## Nutrition Facts

**PROTEIN 17.48%** **FAT 70.29%** **CARBS 12.23%**

## Properties

Glycemic Index:22.94, Glycemic Load:2.34, Inflammation Score:-5, Nutrition Score:23.6891304721%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg Gallicocatechin: 0.03mg, Gallicocatechin: 0.03mg, Gallicocatechin: 0.03mg, Gallicocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 666.03kcal (33.3%), Fat: 50.94g (78.36%), Saturated Fat: 18g (112.52%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 12.65g (4.6%), Sugar: 2.87g (3.18%), Cholesterol: 124.74mg (41.58%), Sodium: 2347.01mg (102.04%), Alcohol: 1.66g (100%), Alcohol %: 0.53% (100%), Protein: 28.49g (56.99%), Selenium: 48.33µg (69.05%), Vitamin B1: 0.98mg (65.1%), Phosphorus: 367.4mg (36.74%), Vitamin B3: 7.25mg (36.25%), Vitamin B6: 0.68mg (34.17%), Zinc: 4.49mg (29.95%), Fiber: 7.3g (29.19%), Vitamin B2: 0.46mg (26.94%), Vitamin C: 21.29mg (25.8%), Iron: 4.51mg (25.07%), Potassium: 872.31mg (24.92%), Vitamin B12: 1.49µg (24.9%), Manganese: 0.39mg (19.64%), Copper: 0.38mg (18.81%), Folate: 73.36µg (18.34%), Magnesium: 65.68mg (16.42%), Vitamin K: 16.75µg (15.95%), Vitamin B5: 1.17mg (11.67%), Calcium: 91.81mg (9.18%), Vitamin D: 0.62µg (4.16%), Vitamin E: 0.31mg (2.07%)