



Sausages with Beer-Braised Onions and Peppers

 Dairy Free

READY IN



41 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beer dark such as Guinness
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 1 large onion vertically sliced
- ☐ 1 bell pepper red cut into strips
- ☐ 14 ounce turkey kielbasa cut into 4 pieces
- ☐ 1 bell pepper yellow cut into strips

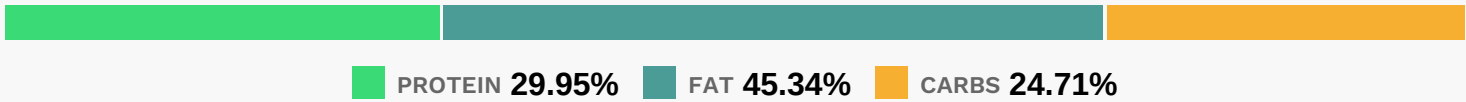
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add kielbasa, and cook 2 minutes on each side or until browned.
- ☐ Remove from pan, and keep warm.
- ☐ Add oil to pan.
- ☐ Add bell peppers, garlic, and onion; saut 7 minutes or until lightly browned.
- ☐ Place sausage on top of vegetable mixture, and add beer. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until vegetables are tender. Increase heat to medium-high, and cook, uncovered, 3 minutes or until liquid evaporates.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:17.350434806036%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 220.14kcal (11.01%), Fat: 10.88g (16.74%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 10.88g (3.96%), Sugar: 6.03g (6.7%), Cholesterol: 52.59mg (17.53%), Sodium: 1191.47mg (51.8%), Alcohol: 1.15g (100%), Alcohol %: 0.64% (100%), Protein: 16.17g (32.34%), Vitamin C: 126.08mg (152.82%), Iron: 9.91mg (55.06%), Selenium: 22.72µg (32.46%), Vitamin B6: 0.59mg (29.59%), Vitamin A: 1134.74IU (22.69%), Vitamin B3: 4.41mg (22.04%), Phosphorus: 215.74mg (21.57%), Zinc: 2.32mg (15.48%), Vitamin B2: 0.22mg (13.15%),

Potassium: 390.06mg (11.14%), Fiber: 2.45g (9.82%), Folate: 38.3µg (9.57%), Magnesium: 37.84mg (9.46%), Copper: 0.17mg (8.38%), Vitamin B1: 0.12mg (7.77%), Vitamin B12: 0.43µg (7.21%), Manganese: 0.14mg (7.2%), Vitamin E: 0.86mg (5.71%), Calcium: 38.73mg (3.87%), Vitamin K: 3.63µg (3.46%), Vitamin B5: 0.21mg (2.11%), Vitamin D: 0.2µg (1.32%)