



Skillet Sausage and Cabbage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups cabbage coarsely chopped
- ☐ 0.5 teaspoon caraway seeds
- ☐ 1 cup chicken broth dry white
- ☐ 1 bell pepper green cut into strips
- ☐ 1 medium onion thinly sliced
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce kielbasa sausage cut into 1-inch pieces

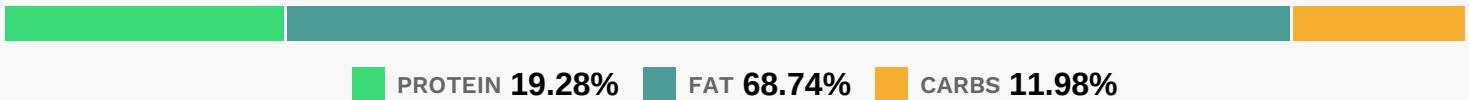
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Saut sausage in a large heavy skillet over medium heat until browned; drain on paper towels.
- ☐ Add onion and bell pepper to skillet, and saute 2 to 3 minutes.
- ☐ Add cabbage, and cook, stirring often, 8 minutes.
- ☐ Add sausage, wine, and remaining ingredients. Reduce heat to medium-low, and cook 10 minutes or until cabbage is tender.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:2.44, Inflammation Score:-7, Nutrition Score:19.266086902307%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 438.59kcal (21.93%), Fat: 30.31g (46.63%), Saturated Fat: 10.04g (62.78%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 8.13g (2.96%), Sugar: 5.82g (6.47%), Cholesterol: 81.65mg (27.22%), Sodium: 1035.88mg (45.04%), Alcohol: 6.18g (100%), Alcohol %: 2.32% (100%), Protein: 19.13g (38.26%), Vitamin K: 83.21µg (79.25%), Vitamin C: 65.23mg (79.07%), Vitamin B6: 0.61mg (30.42%), Vitamin B3: 5.83mg (29.15%), Vitamin B1: 0.41mg (27.32%), Phosphorus: 206.93mg (20.69%), Zinc: 2.82mg (18.83%), Manganese: 0.35mg (17.58%), Potassium:

601.3mg (17.18%), Vitamin B12: 0.96µg (16.06%), Fiber: 3.76g (15.03%), Folate: 55.15µg (13.79%), Vitamin B2: 0.21mg (12.15%), Iron: 2.14mg (11.89%), Vitamin B5: 1.08mg (10.77%), Magnesium: 41.28mg (10.32%), Vitamin D: 1.47µg (9.83%), Calcium: 69.92mg (6.99%), Copper: 0.13mg (6.67%), Vitamin A: 300.85IU (6.02%), Vitamin E: 0.5mg (3.32%)