

Slow Cooker Kielbasa Stew

 **Gluten Free**

READY IN



255 min.

SERVINGS



8

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon caraway seeds
- 1.5 cups chicken broth
- 2 apples i use 2 granny smith apples cored peeled sliced into rings
- 0.8 onion sliced into rings
- 2 pounds potatoes - remove skin red quartered
- 1.5 pounds sauerkraut drained and rinsed
- 2 pounds sausage cut into 1 inch pieces
- 0.5 cup swiss cheese shredded

Equipment

slow cooker

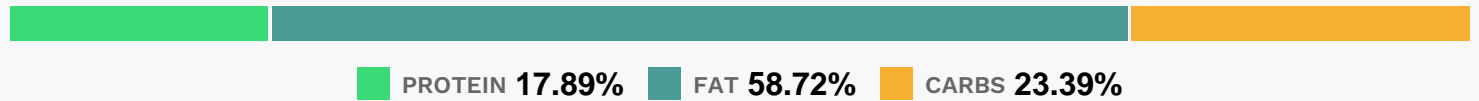
Directions

Place half the sausage in a slow cooker, and top with the sauerkraut. Cover with the remaining sausage, apples, and onion. Top with the potatoes.

Pour chicken broth over all, and sprinkle with caraway seeds.

Cover, and cook on High 4 hours, or until potatoes are tender. Top each serving with Swiss cheese.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:2.27, Inflammation Score:-5, Nutrition Score:17.730435039686%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 497.64kcal (24.88%), Fat: 32.65g (50.24%), Saturated Fat: 11.3g (70.59%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 23.56g (8.57%), Sugar: 8.34g (9.26%), Cholesterol: 88.81mg (29.6%), Sodium: 1480.64mg (64.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.78%), Vitamin B3: 6.92mg (34.58%), Vitamin B6: 0.69mg (34.33%), Vitamin C: 25.93mg (31.43%), Vitamin B1: 0.44mg (29.63%), Potassium: 1019.92mg (29.14%), Phosphorus: 288.48mg (28.85%), Fiber: 5.71g (22.84%), Zinc: 3.37mg (22.43%), Vitamin B12: 1.18µg (19.61%), Iron: 3.47mg (19.29%), Manganese: 0.35mg (17.27%), Copper: 0.34mg (16.78%), Vitamin K: 15.94µg (15.18%),

Vitamin B2: 0.25mg (14.93%), Magnesium: 58.18mg (14.54%), Vitamin B5: 1.23mg (12.3%), Calcium: 114.86mg (11.49%), Folate: 45.9µg (11.48%), Vitamin D: 1.47µg (9.83%), Selenium: 3.35µg (4.79%), Vitamin A: 190.43IU (3.81%), Vitamin E: 0.49mg (3.27%)