



Slow Cooker Lentils and Sausage

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



12

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce beef broth canned
- 16 ounce canned tomatoes diced drained canned
- 1 carrots chopped
- 1 stalk celery chopped
- 2 pounds kielbasa sausage cut into 1/2 inch pieces (Polish)
- 3 cups water

Equipment

- slow cooker

Directions

- Rinse and drain lentils, but do not soak. In a slow cooker, stir together the lentils, tomatoes, broth, water, carrot, sausage, and celery.
- Cover, and cook on High for 3 hours, or Low for 6 to 7 hours. Stir well before serving.

Nutrition Facts

PROTEIN 20.75% **FAT 73.82%** **CARBS 5.43%**

Properties

Glycemic Index:12.07, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:8.2126087416773%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 249.1kcal (12.45%), Fat: 20.33g (31.27%), Saturated Fat: 6.74g (42.13%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.95g (2.17%), Cholesterol: 54.43mg (18.14%), Sodium: 785.91mg (34.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.7%), Vitamin B3: 4.59mg (22.97%), Vitamin A: 1002.16IU (20.04%), Vitamin B1: 0.24mg (16.11%), Vitamin B6: 0.3mg (15.21%), Phosphorus: 125.33mg (12.53%), Zinc: 1.76mg (11.77%), Vitamin B12: 0.69µg (11.48%), Potassium: 358.89mg (10.25%), Iron: 1.46mg (8.14%), Vitamin B2: 0.13mg (7.68%), Copper: 0.13mg (6.6%), Vitamin D: 0.98µg (6.55%), Vitamin B5: 0.65mg (6.48%), Vitamin C: 4.41mg (5.35%), Magnesium: 21.03mg (5.26%), Manganese: 0.09mg (4.51%), Vitamin E: 0.66mg (4.39%), Vitamin K: 3.95µg (3.77%), Fiber: 0.91g (3.66%), Calcium: 28.41mg (2.84%), Folate: 9.16µg (2.29%), Selenium: 0.71µg (1.01%)