



Spaetzle, Sauerkraut and Sausage Casserole

READY IN



80 min.

SERVINGS



6

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 slices bacon diced
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 3 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 small gala apple cored chopped
- ☐ 0.5 large onion chopped
- ☐ 1 teaspoon salt
- ☐ 16 ounce sauerkraut

- ☐ 16 ounce kielbasa sausage cut into 2-inch pieces
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 cup water

Equipment

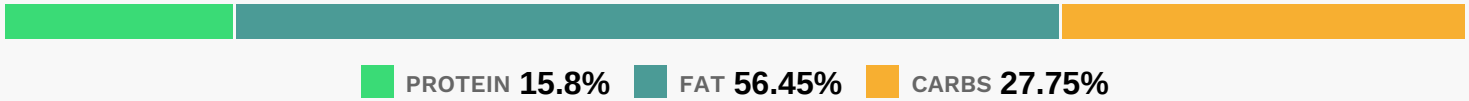
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ microwave
- ☐ spatula
- ☐ colander

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a metal colander.
- ☐ Whisk together the flour and salt in a bowl.
- ☐ Mix the eggs and water, and pour into the flour mixture. Stir to form a dough.
- ☐ Bring a pot of water to a boil.
- ☐ Place the spaetzle dough into the oiled colander, and set the colander over the pot of water. Use a flexible spatula to push the dough into the boiling water through the holes in the colander. Stir the spaetzle as they boil. When they have floated to the top, they are done (about 5 minutes). Scoop the spaetzle out of the boiling water, and place into an ungreased 9x9-inch baking dish.
- ☐ Place the bacon in a skillet over medium heat, and cook, stirring often, until the bacon is crisp, about 8 minutes.
- ☐ Remove bacon, leaving drippings in pan, and set aside. Cook the onion in the same pan as the bacon until browned, about 10 minutes.

- ☐ In a large skillet, melt the butter over medium heat until foamy, and stir in the apple and brown sugar. Cook and stir until the apple is soft, about 5 minutes.
- ☐ Transfer the cooked bacon, onions, and sauerkraut into the skillet, and cook, stirring often, until the flavors have blended, about 5 minutes.
- ☐ Pour the sauerkraut mixture into the 9x9-inch baking dish on top of the spaetzle.
- ☐ Place the kielbasa pieces into a microwave-safe dish, and cook on full power in a microwave oven until the sausage is hot and has lost its pink color, 2 or 3 minutes.
- ☐ Transfer the sausage to the baking dish.
- ☐ Bake in the preheated oven until bubbling, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:16.83, Inflammation Score:-5, Nutrition Score:15.290000003317%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 480.54kcal (24.03%), Fat: 30.03g (46.19%), Saturated Fat: 10.91g (68.17%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 29.46g (10.71%), Sugar: 8.5g (9.44%), Cholesterol: 151.14mg (50.38%), Sodium: 1480.97mg (64.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.91g (37.82%), Vitamin B1: 0.48mg (32.07%), Vitamin B3: 5.66mg (28.29%), Selenium: 18.26µg (26.08%), Vitamin B2: 0.36mg (21.41%), Vitamin B6: 0.43mg (21.29%), Phosphorus: 208.93mg (20.89%), Folate: 83.37µg (20.84%), Iron: 3.74mg (20.8%), Manganese: 0.34mg (17.14%), Vitamin C: 13.71mg (16.62%), Zinc: 2.39mg (15.92%), Fiber: 3.75g (15%), Vitamin B12: 0.88µg (14.72%), Potassium: 441.95mg (12.63%), Vitamin K: 12.58µg (11.98%), Vitamin B5: 1.12mg (11.18%), Copper: 0.2mg (9.86%), Vitamin D: 1.45µg (9.68%), Magnesium: 33.13mg (8.28%), Vitamin A: 322.1IU (6.44%), Calcium: 55.78mg (5.58%), Vitamin E: 0.75mg (4.97%)