

Stuffed Kielbasa

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



570 kcal

SIDE DISH

Ingredients

- 16 ounce kielbasa
- 7.6 ounce potatoes instant mashed flavored
- 1.5 cups sauerkraut

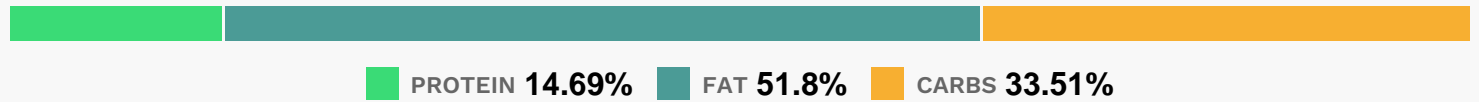
Equipment

- oven
- pot

Directions

- Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of water to a boil.
- Add kielbasa and boil for 8 to 10 minutes to reduce the amount of fat; drain. Prepare mashed potatoes according to package instructions.
- Cut kielbasa into 4 equal portions, then split each lengthwise so that they lay flat but are still attached.
- Layer each sausage with sauerkraut and mashed potatoes. Top with grated cheese.
- Bake in preheated oven for 10 to 12 minutes, or until heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.75, Inflammation Score:-4, Nutrition Score:20.399999958018%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 570.47kcal (28.52%), Fat: 32.86g (50.56%), Saturated Fat: 11.82g (73.89%), Carbohydrates: 47.85g (15.95%), Net Carbohydrates: 42.75g (15.55%), Sugar: 2.76g (3.06%), Cholesterol: 79.38mg (26.46%), Sodium: 1401.37mg (60.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.93%), Vitamin B1: 1.11mg (74.17%), Vitamin C: 52.59mg (63.75%), Selenium: 27.61µg (39.44%), Vitamin B3: 7.35mg (36.77%), Vitamin B6: 0.69mg (34.38%), Potassium: 950.71mg (27.16%), Phosphorus: 248.9mg (24.89%), Fiber: 5.1g (20.4%), Vitamin B12: 1.11µg (18.52%), Zinc: 2.67mg (17.78%), Iron: 3.07mg (17.04%), Vitamin B5: 1.68mg (16.8%), Magnesium: 58.35mg (14.59%), Vitamin B2: 0.24mg (14.05%), Copper: 0.24mg (11.99%), Manganese: 0.22mg (11.13%), Vitamin K: 11.61µg (11.06%), Folate: 39.83µg (9.96%), Calcium: 44.13mg (4.41%)