

**2%**
HEALTH SCORE

Sweet and Oh So Spicy Kielbasa

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



12

CALORIES



374 kcal

SIDE DISH

Ingredients

- 16 ounce barbecue sauce
- 0.3 cup grape jelly
- 2 dashes ground pepper
- 4 ounce maraschino cherries
- 15 ounce pineapple chunks drained canned
- 1 tablespoon pepper red crushed
- 32 ounce sausage cut into 1 inch pieces
- 2 tablespoons vegetable oil

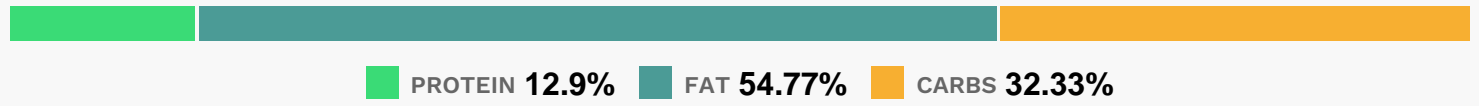
Equipment

frying pan

Directions

Heat the oil in a large skillet over medium-high heat. Cook the sausage in the hot oil until browned; add the barbecue sauce, grape jelly, pineapple, cherries, red pepper flakes, and cayenne pepper and stir; simmer 20 minutes.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:2.66, Inflammation Score:-3, Nutrition Score:7.7947825867197%

Nutrients (% of daily need)

Calories: 373.83kcal (18.69%), Fat: 22.75g (35%), Saturated Fat: 7.04g (44.01%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 28.75g (10.46%), Sugar: 24.77g (27.52%), Cholesterol: 54.43mg (18.14%), Sodium: 884.12mg (38.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.11%), Vitamin B3: 3.98mg (19.88%), Vitamin B1: 0.26mg (17.07%), Vitamin B6: 0.31mg (15.31%), Zinc: 1.8mg (12.01%), Phosphorus: 116.22mg (11.62%), Vitamin B12: 0.64µg (10.71%), Potassium: 342.92mg (9.8%), Vitamin A: 430.36IU (8.61%), Vitamin B2: 0.13mg (7.88%), Iron: 1.38mg (7.69%), Copper: 0.14mg (7.15%), Vitamin D: 0.98µg (6.55%), Vitamin E: 0.96mg (6.37%), Vitamin K: 6.38µg (6.08%), Vitamin C: 4.84mg (5.87%), Fiber: 1.46g (5.83%), Vitamin B5: 0.58mg (5.82%), Magnesium: 22.72mg (5.68%), Manganese: 0.07mg (3.5%), Calcium: 33.91mg (3.39%), Selenium: 0.94µg (1.35%), Folate: 4.43µg (1.11%)