



2%
HEALTH SCORE

Sweet and Sour Kielbasa

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



562 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 6 tablespoons butter
- 2 cups catsup
- 4 tablespoons juice of lemon
- 0.5 cup onion chopped
- 6 servings salt and pepper to taste
- 1 pound sausage

- 0.5 cup water
- 2 tablespoons worcestershire sauce

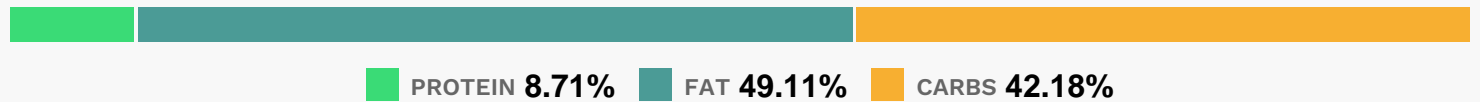
Equipment

- slow cooker

Directions

- In a slow cooker set for low heat, mix the ketchup, brown sugar, Worcestershire sauce, butter, onion, lemon juice, water, salt and pepper.
- Place the kielbasa sausage in the mixture. Cook 30 minutes, until the onions are soft, or as desired.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:9.7900000655133%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 562.23kcal (28.11%), Fat: 31.53g (48.5%), Saturated Fat: 13.87g (86.67%), Carbohydrates: 60.92g (20.31%), Net Carbohydrates: 60.43g (21.97%), Sugar: 54g (60%), Cholesterol: 84.53mg (28.18%), Sodium: 1575.77mg (68.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.17%), Vitamin B3: 4.81mg (24.05%), Vitamin B6: 0.39mg (19.69%), Vitamin A: 822.3IU (16.45%), Potassium: 539.55mg (15.42%), Vitamin B1: 0.23mg (15.33%), Vitamin B2: 0.24mg (14.25%), Phosphorus: 135.75mg (13.58%), Zinc: 1.84mg (12.27%), Vitamin C: 9.4mg (11.4%), Vitamin B12: 0.67µg (11.11%), Vitamin E: 1.66mg (11.06%), Iron: 1.72mg (9.56%), Copper: 0.16mg (7.83%), Magnesium: 27.44mg (6.86%), Vitamin D: 0.98µg (6.55%), Vitamin B5: 0.64mg (6.38%), Calcium: 63.04mg (6.3%), Manganese: 0.13mg (6.27%), Vitamin K: 3.79µg (3.61%), Folate: 13.73µg (3.43%), Fiber: 0.5g (1.99%), Selenium: 1.25µg (1.78%)