

# Sweet Kielbasa

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 13.3 ounce pineapple chunks canned
- 32 ounce kielbasa fully cooked cut into 1/4-inch slices
- 16 ounce roasted cranberry sauce canned

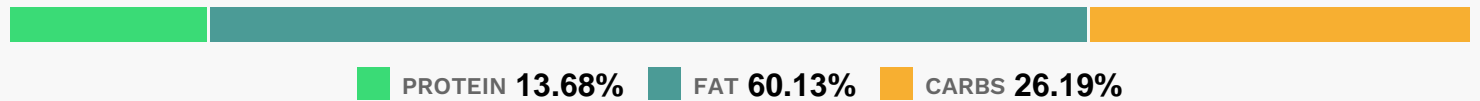
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the sliced kielbasa into a 9x13 inch baking dish. In a medium bowl, stir together the cranberry sauce and pineapple chunks.
- Pour over the kielbasa and stir to coat.
- Bake for about 1 hour in the preheated oven or until sauce thickens.

## Nutrition Facts



## Properties

Glycemic Index:4.67, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:13.414347892222%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

## Nutrients (% of daily need)

Calories: 650.67kcal (32.53%), Fat: 43.61g (67.09%), Saturated Fat: 15.63g (97.68%), Carbohydrates: 42.75g (14.25%), Net Carbohydrates: 41.1g (14.95%), Sugar: 32.97g (36.63%), Cholesterol: 105.84mg (35.28%), Sodium: 1328.9mg (57.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.32g (44.64%), Vitamin B1: 0.83mg (55.61%), Selenium: 27.31µg (39.02%), Vitamin B3: 5.46mg (27.3%), Vitamin B12: 1.48µg (24.7%), Phosphorus: 213.03mg (21.3%), Zinc: 3mg (20.02%), Vitamin B6: 0.34mg (17.24%), Vitamin B2: 0.25mg (14.87%), Iron: 2.66mg (14.79%), Potassium: 457.14mg (13.06%), Copper: 0.22mg (11.14%), Vitamin C: 8.15mg (9.88%), Magnesium: 32.07mg (8.02%), Vitamin B5: 0.68mg (6.8%), Fiber: 1.65g (6.58%), Manganese: 0.12mg (5.97%), Vitamin E: 0.72mg (4.77%), Calcium: 30.43mg (3.04%), Folate: 6.91µg (1.73%), Vitamin K: 1.5µg (1.43%), Vitamin A: 63.05IU (1.26%)