




 **2%**
HEALTH SCORE

Sweet-n-Sour Kielbasa


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

READY IN




245 min.

SERVINGS



12

CALORIES



337 kcal

SIDE DISH

Ingredients

- 12 ounce chili sauce heinz® (such as)
- 12 ounce currant jelly red
- 1 tablespoon pepper red crushed
- 2 pounds sausage cut into 1/4-inch slices
- 0.5 cup water

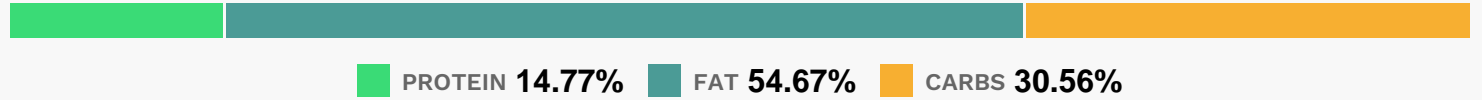
Equipment

- slow cooker

Directions

- Stir the sausage slices, chili sauce, red currant jelly, red pepper flakes, and water together in a slow cooker, cover, and set the cooker to Low. Cook at least 4 hours, stirring once every hour.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:10.57, Inflammation Score:-3, Nutrition Score:7.4426086985547%

Nutrients (% of daily need)

Calories: 336.59kcal (16.83%), Fat: 20.26g (31.16%), Saturated Fat: 6.68g (41.76%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 24.25g (8.82%), Sugar: 17.57g (19.52%), Cholesterol: 54.43mg (18.14%), Sodium: 881.19mg (38.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.62%), Vitamin B3: 4.1mg (20.48%), Vitamin B1: 0.24mg (15.97%), Vitamin B6: 0.3mg (14.82%), Phosphorus: 124.19mg (12.42%), Zinc: 1.73mg (11.55%), Vitamin B12: 0.64µg (10.71%), Potassium: 327.21mg (9.35%), Vitamin C: 7.56mg (9.17%), Vitamin A: 447.14IU (8.94%), Vitamin B2: 0.14mg (8.23%), Iron: 1.32mg (7.33%), Vitamin D: 0.98µg (6.55%), Vitamin E: 0.98mg (6.51%), Copper: 0.12mg (6.17%), Vitamin B5: 0.52mg (5.19%), Fiber: 1.22g (4.9%), Magnesium: 16.21mg (4.05%), Vitamin K: 2.48µg (2.36%), Calcium: 20.64mg (2.06%), Folate: 6.61µg (1.65%), Selenium: 1.01µg (1.45%), Manganese: 0.03mg (1.32%)