



7%
HEALTH SCORE

Sweet Polish Sausage

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

READY IN



120 min.

SERVINGS



4

CALORIES



928 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 1 tablespoon juice of lemon fresh
- 1 onion chopped
- 2 dashes hot sauce hot
- 2 pounds sausage cut into 1 inch pieces
- 0.7 cup water
- 0.3 cup worcestershire sauce

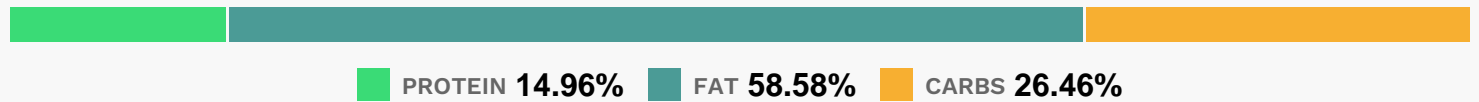
Equipment

- sauce pan
- oven
- baking pan

Directions

- Place sausage in a large saucepan.
- Add water to cover and simmer over low heat for 1 hour.
- Drain, remove sausage and set aside.
- Preheat oven to 350 degrees F (175 degrees C).
- In the same saucepan combine the Worcestershire sauce, lemon juice, onion, sugar, hot pepper sauce and water. Bring all to a boil, stirring.
- Place reserved sausage in a 9x13-inch baking dish and cover it with the sauce mixture.
- Bake at 350 degrees F (175 degrees C) for 1 hour.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:17.271739239278%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 927.94kcal (46.4%), Fat: 60.21g (92.62%), Saturated Fat: 19.96g (124.76%), Carbohydrates: 61.18g (20.39%), Net Carbohydrates: 60.7g (22.07%), Sugar: 56.9g (63.23%), Cholesterol: 163.29mg (54.43%), Sodium:

1760.17mg (76.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.61g (69.21%), Vitamin B3: 10.92mg (54.61%), Vitamin B1: 0.65mg (43.55%), Vitamin B6: 0.75mg (37.57%), Zinc: 5.03mg (33.56%), Phosphorus: 330.41mg (33.04%), Vitamin B12: 1.93µg (32.13%), Potassium: 863.02mg (24.66%), Iron: 4.18mg (23.24%), Vitamin D: 2.95µg (19.66%), Vitamin B2: 0.31mg (18.5%), Vitamin B5: 1.63mg (16.33%), Copper: 0.24mg (11.95%), Magnesium: 43.05mg (10.76%), Calcium: 98.32mg (9.83%), Vitamin C: 8.09mg (9.81%), Manganese: 0.08mg (4.12%), Vitamin A: 189.06IU (3.78%), Vitamin E: 0.46mg (3.07%), Folate: 10.63µg (2.66%), Fiber: 0.48g (1.92%), Selenium: 0.92µg (1.31%), Vitamin K: 1.25µg (1.19%)