



Turkey Sausage with Apple Sauerkraut



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fuji apples cored peeled cut into 1/4-inch slices
- ☐ 12 ounce beer canned
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup cider vinegar
- ☐ 2 teaspoons garlic chopped
- ☐ 1 medium onion sliced

- ☐ 1 small head cabbage shredded red
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons spicy brown mustard
- ☐ 2 pounds turkey sausages

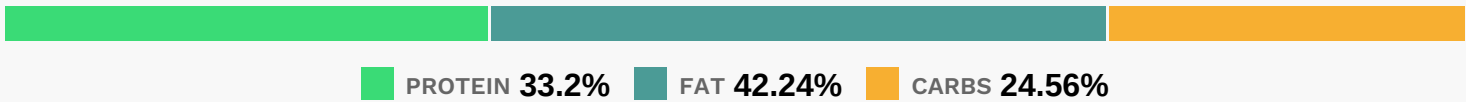
Equipment

- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat the grill or grill pan to medium-high heat.
- ☐ Cook the sausage on the outdoor grill or grill pan for about 12 minutes, turning a quarter turn every 3 minutes.
- ☐ While the sausage is cooking, heat the canola oil in a large skillet over medium-high heat.
- ☐ Add the cabbage, onion, garlic, red pepper flakes, salt, and pepper. Cook, stirring often, until the cabbage has wilted slightly, about 4 minutes.
- ☐ Stir in the beer, vinegar, mustard and the brown sugar and simmer for 5 minutes.
- ☐ Add the apples, cover partially with a lid, to allow some steam to escape. Cook the cabbage and apples over medium-low heat until they are tender, about 8 minutes.
- ☐ Reserve 2 sausages and 1 cup of the apple sauerkraut for online Round 2 Recipe.
- ☐ Transfer the sausages and sauerkraut to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:66.38, Glycemic Load:7.81, Inflammation Score:-9, Nutrition Score:32.864347810331%

Flavonoids

Cyanidin: 298.86mg, Cyanidin: 298.86mg, Cyanidin: 298.86mg, Cyanidin: 298.86mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.78mg, Quercetin: 9.78mg, Quercetin: 9.78mg, Quercetin: 9.78mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 578.06kcal (28.9%), Fat: 26.04g (40.06%), Saturated Fat: 5.06g (31.65%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 27.93g (10.15%), Sugar: 19.23g (21.37%), Cholesterol: 170.1mg (56.7%), Sodium: 2059.19mg (89.53%), Alcohol: 3.32g (100%), Alcohol %: 0.67% (100%), Protein: 46.05g (92.1%), Vitamin C: 92.73mg (112.41%), Vitamin B6: 1.41mg (70.71%), Vitamin K: 62.06µg (59.11%), Vitamin B3: 11.66mg (58.32%), Zinc: 7.44mg (49.58%), Vitamin B12: 2.97µg (49.42%), Phosphorus: 487.9mg (48.79%), Vitamin B2: 0.69mg (40.6%), Vitamin A: 1882.67IU (37.65%), Potassium: 1150.52mg (32.87%), Manganese: 0.64mg (31.83%), Vitamin B5: 2.69mg (26.87%), Fiber: 6.13g (24.53%), Iron: 4.27mg (23.72%), Magnesium: 84.73mg (21.18%), Vitamin B1: 0.32mg (21.05%), Copper: 0.28mg (13.94%), Calcium: 136.38mg (13.64%), Vitamin E: 1.97mg (13.14%), Folate: 50.63µg (12.66%), Selenium: 4.39µg (6.27%)