



Uber-Braten Kielbasa and Sauerkraut Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



694 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup bread crumbs dry
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper black
- ☐ 3 cups milk
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 12 ounce kluski noodles (egg)
- ☐ 2 cups sauerkraut drained

- ☐ 16 ounce kielbasa sausage cubed
- ☐ 0.3 cup cheddar cheese shredded

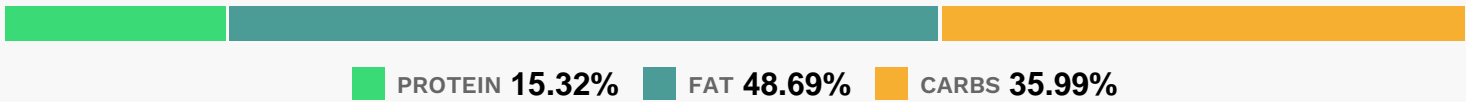
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil. Cook kluski noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 8 minutes.
- ☐ Drain and set aside.
- ☐ Melt butter in a large pot over medium heat.
- ☐ Whisk in flour, dry mustard, and black pepper; cook until smooth, about 2 minutes.
- ☐ Whisk in milk, a little at a time, and bring white sauce to a boil. Cook for 1 minute, whisking constantly, to make a smooth, thick sauce.
- ☐ Whisk 3/4 cup Cheddar cheese into sauce until melted.
- ☐ Stir kluski noodles, sauerkraut, and kielbasa sausage into the sauce and transfer to a 3-quart casserole dish.
- ☐ Mix bread crumbs with 1/4 cup Cheddar cheese in a bowl and sprinkle over the casserole.
- ☐ Bake in the preheated oven until casserole is heated through, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:23.27, Inflammation Score:-6, Nutrition Score:20.661739142045%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 693.88kcal (34.69%), Fat: 37.32g (57.41%), Saturated Fat: 16.6g (103.76%), Carbohydrates: 62.06g (20.69%), Net Carbohydrates: 58.24g (21.18%), Sugar: 8.84g (9.82%), Cholesterol: 100.89mg (33.63%), Sodium: 1021.38mg (44.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.82%), Selenium: 44.87µg (64.1%), Phosphorus: 390.36mg (39.04%), Manganese: 0.75mg (37.27%), Vitamin B1: 0.48mg (32.14%), Vitamin B3: 5.74mg (28.69%), Calcium: 237.61mg (23.76%), Vitamin B2: 0.4mg (23.6%), Vitamin B12: 1.4µg (23.4%), Vitamin B6: 0.47mg (23.31%), Zinc: 3.4mg (22.7%), Potassium: 611.45mg (17.47%), Magnesium: 69.11mg (17.28%), Iron: 3.06mg (17.01%), Vitamin D: 2.35µg (15.69%), Fiber: 3.82g (15.28%), Copper: 0.3mg (14.86%), Vitamin B5: 1.37mg (13.67%), Vitamin A: 625.7IU (12.51%), Folate: 46.31µg (11.58%), Vitamin C: 7.5mg (9.09%), Vitamin K: 8.63µg (8.22%), Vitamin E: 0.68mg (4.55%)