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Chi-Town Polish Sausage *

Chi-Town Polish Sausage is a traditional Polish sausage recipe that originated in Chicago. It is made with a blend of pork, beef, and spices, and is typically served on a bun with mustard and sauerkraut. The sausage is grilled to perfection, giving it a smoky and savory flavor. It is a popular dish at cookouts and tailgates, and is enjoyed by meat lovers of all ages.

Recipe Type: Standard Prep Time: 20 mins

Cook Time: 15 mins Total Time: 35 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

| 500 g | polish sausage |
|-------------|----------------|
| 4 pieces | Hot Dog Buns |
| 4 tbsp | mustard |
| 200 g | Sauerkraut |

Directions

Step 1

Grilling

Preheat the grill to medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Place the Polish sausages on the grill and cook for 10-15 minutes, turning occasionally, until they are browned and heated through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Stove

While the sausages are cooking, heat the sauerkraut in a saucepan over medium heat until warmed through.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Grilling

Toast the hot dog buns on the grill for a few minutes until they are warm and slightly crispy.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Remove the sausages from the grill and place them in the toasted buns. Top with mustard and sauerkraut.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 30 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------------|--------------------------------|
| Protein | 15 g | 88.24% | 88.24% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------------|--------------------------------|
| Carbohydrates | 10 g | 18.18% | 20% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 2 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------------|--------------------------------|
| Monounsaturated Fat | 10 g | N/A | N/A |
| Saturated Fat | 16 g | 72.73% | 94.12% |
| Fat | 30 g | 107.14% | 120% |
| Cholesterol | 50 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------------|--------------------------------|
| Vitamin A | 0 iu | 0% | 0% |
| Vitamin C | 10 mg | 11.11% | 13.33% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 25 mcg | 1041.67% | 1041.67% |
| Vitamin E | 6 mg | 40% | 40% |
| Vitamin D | 0 mcg | 0% | 0% |

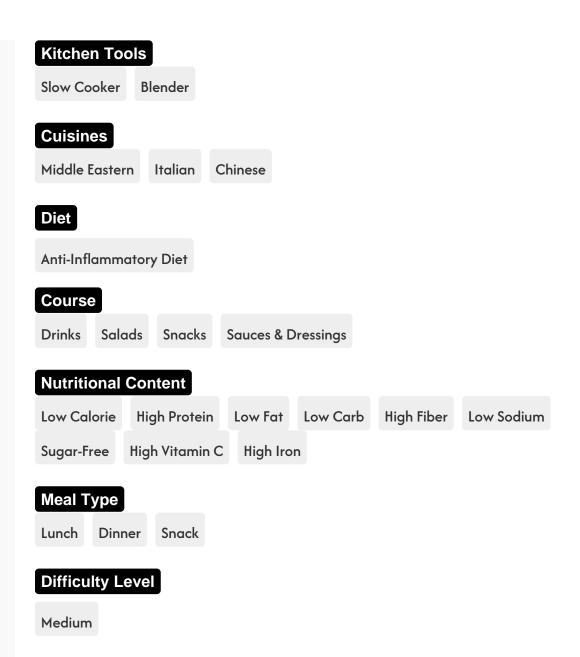
Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|---------|------------------------------|--------------------------------|
| Sodium | 1000 mg | 43.48% | 43.48% |
| Calcium | 4 mg | 0.4% | 0.4% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 8 mg | 0.24% | 0.31% |
| Zinc | 15 mg | 136.36% | 187.5% |
| Selenium | 25 mcg | 45.45% | 45.45% |

Recipe Attributes

Events

Picnic



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