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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

Kitchen Tools

Slow Cooker

Blender

Cuisines

Middle Eastern

Italian

Chinese

Diet

Anti-Inflammatory Diet

Course

Drinks

Salads

Snacks

Sauces & Dressings

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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