

# Crockpot Sauerkraut, Kielbasa and Potatoes

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## Servings: 6

2 cans (14 ounce ea) sauerkraut,  
undrained  
5 or 6 potatoes, peeled and cut into  
large chunks  
1 cup water  
1 pound Polish sausage (or smoked  
sausage), cut into chunks  
1 teaspoon caraway seeds  
1 bay leaf  
1/4 teaspoon pepper

Place the sauerkraut and potatoes in the bottom of a slow cooker. Add the caraway seeds, bay leaf, pepper and water.

Place the sausage on top.

Cook for four hours on HIGH or about SIX hours on LOW or until the potatoes are done.

Per Serving (excluding unknown items): 97 Calories; trace Fat (2.4% calories from fat); 3g Protein; 22g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 527mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0 Fat.

Pork, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	97
% Calories from Fat:	2.4%
% Calories from Carbohydrates:	86.2%
% Calories from Protein:	11.4%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	22g
Dietary Fiber (g):	4g
Protein (g):	3g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	32mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	0

Sodium (mg): 527mg  
Potassium (mg): 692mg  
Calcium (mg): 35mg  
Iron (mg): 2mg  
Zinc (mg): 1mg  
Vitamin C (mg): 32mg  
Vitamin A (i.u.): 17IU  
Vitamin A (r.e.): 2RE

Vegetable: 1/2  
Fruit: 0  
Non-Fat Milk: 0  
Fat: 0  
Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 97 Calories from Fat: 2

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	527mg	22%
<b>Total Carbohydrates</b>	22g	7%
Dietary Fiber	4g	15%
<b>Protein</b>	3g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		53%
<b>Calcium</b>		3%
<b>Iron</b>		11%

\* Percent Daily Values are based on a 2000 calorie diet.