

# Sauerkraut & Sausage Bake

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Community Living Committee - All Saint's Church Hammond, IN 1987

1 1/2 pounds bulk pork sausage  
1 can (27 ounces) sauerkraut, rinsed,  
drained and snipped  
1 tablespoon green onions, sliced with  
tops  
4 servings packaged instant mashed  
potatoes  
4 tablespoons Parmesan cheese, grated

Preheat the oven to 400 degrees.

Brown the sausage. Drain off the fat.

Stir together the sauerkraut and green onion.  
Turn into a 1-1/2-quart casserole.

Spoon the sausage over the sauerkraut mixture.

Prepare the potatoes. Stir two tablespoons of  
the cheese into the potatoes. Spread the  
potatoes over the sausage. Sprinkle with the  
remaining cheese.

Bake, uncovered, for 35 to 40 minutes.

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Per Serving (excluding unknown  
items): 138 Calories; 6g Fat (39.6%  
calories from fat); 11g Protein; 11g  
Carbohydrate; 6g Dietary Fiber;  
16mg Cholesterol; 1933mg  
Sodium. Exchanges: 1 Lean Meat;  
2 Vegetable; 1/2 Fat.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	138
% Calories from Fat:	39.6%
% Calories from Carbohydrates:	31.2%
% Calories from Protein:	29.2%
Total Fat (g):	6g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	16mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	61mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Carbohydrate (g):	11g
Dietary Fiber (g):	6g
Protein (g):	11g
Sodium (mg):	1933mg
Potassium (mg):	439mg
Calcium (mg):	350mg
Iron (mg):	4mg
Zinc (mg):	1mg
Vitamin C (mg):	36mg
Vitamin A (i.u.):	206IU
Vitamin A (r.e.):	49 1/2RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	138	Calories from Fat: 55
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### % Daily Values\*

<b>Total Fat</b>	6g	10%
Saturated Fat	4g	19%
<b>Cholesterol</b>	16mg	5%
<b>Sodium</b>	1933mg	81%
<b>Total Carbohydrates</b>	11g	4%
Dietary Fiber	6g	24%
<b>Protein</b>	11g	
<b>Vitamin A</b>		4%
<b>Vitamin C</b>		60%
<b>Calcium</b>		35%
<b>Iron</b>		21%

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