

# Steamed Kielbasa, Sauerkraut and Pierogies (Slow Cooker)

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## Servings: 6

2 tablespoons country Dijon mustard  
1 tablespoon packed brown sugar  
1 tablespoon apple cider vinegar  
4 (3 ounce ea) cooked chicken apple  
sausages, cut up  
1/2 (1/2 cup) yellow onion, thinly  
sliced  
2 cups (16 ounce) sauerkraut,  
undrained  
1/2 package (seven) frozen mini  
potato and cheese pierogies

## Preparation Time: 10 minutes

### Slow Cooker: 8 hours 40 minutes

In a large bowl, combine the mustard, brown sugar and vinegar. Add the sausage and onion. Toss to coat.

Place the sauerkraut in a four-quart slow cooker. Spoon the sausage and onion mixture on top of the sauerkraut.

Cover and cook on LOW for six to eight hours or HIGH for three to four hours.

When ready to serve, add the frozen pierogies on top. Cover and cook on HIGH about 40 minutes more, until the pierogies are heated through.

Stir gently to combine and serve.

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Per Serving (excluding unknown items): 26 Calories; trace Fat (3.7% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 521mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 0 Other Carbohydrates.

Pork, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	26	Vitamin B6 (mg):	.1mg
% Calories from Fat:	3.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.6%	Thiamin B1 (mg):	trace

% Calories from Protein: 10.7%  
 Total Fat (g): trace  
 Saturated Fat (g): trace  
 Monounsaturated Fat (g): trace  
 Polyunsaturated Fat (g): trace  
 Cholesterol (mg): 0mg  
 Carbohydrate (g): 6g  
 Dietary Fiber (g): 2g  
 Protein (g): 1g  
 Sodium (mg): 521mg  
 Potassium (mg): 155mg  
 Calcium (mg): 27mg  
 Iron (mg): 1mg  
 Zinc (mg): trace  
 Vitamin C (mg): 12mg  
 Vitamin A (i.u.): 14IU  
 Vitamin A (r.e.): 1 1/2RE

Riboflavin B2 (mg): trace  
 Folic Acid (mcg): 20mcg  
 Niacin (mg): trace  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value: 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 26 Calories from Fat: 1

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	521mg	22%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	2g	8%
<b>Protein</b>	1g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		20%
<b>Calcium</b>		3%
<b>Iron</b>		7%

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