

# Smoked Polish Kielbasa

Yield: 4 min  
Total Time: 360 min

Recipe from: <https://www.recipeschoose.com/recipes/smoked-polish-kielbasa-recipe>

## Ingredients:

- 1 9/16 pounds pork lean
- 2/3 pound pork back fat
- 1 tablespoon kosher salt
- 2 1/2 grams Insta Cure #1
- 3/4 tablespoon sugar
- 1/2 tablespoon garlic powder
- 9/16 tablespoon marjoram
- 11/16 tablespoon white pepper
- 1 5/8 tablespoons milk nonfat dry powder
- 1/4 cup ice cold water
- hog casings

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 120 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 39 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1860 milligrams
9. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Smoked Polish Kielbasa above. You can see more 19 smoked polish kielbasa recipe Get cooking and enjoy! to get more great cooking ideas.