



## Bavarian Pork Chops and Sauerkraut

 Dairy Free  Very Healthy

READY IN



95 min.

SERVINGS



6

CALORIES



2997 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounces sauerkraut undrained canned
- 1 cup carrots thinly sliced
- 0.8 cup onion chopped
- 0.5 cup water
- 0.3 cup barley uncooked
- 6 pork loin
- 0.5 cup barbecue sauce prepared

### Equipment

- oven
- glass baking pan

## Directions

- Heat oven to 350°F. In ungreased 2-quart casserole or 11x7-inch glass baking dish, mix sauerkraut, carrots, onion, water and barley.
- Place pork chops on sauerkraut mixture. Spoon barbecue sauce on top of chops. Cover and bake 1 1/4 to 1 1/2 hours or until pork is no longer pink in center.

## Nutrition Facts

**PROTEIN 68.78%** **FAT 28.09%** **CARBS 3.13%**

## Properties

Glycemic Index:23.64, Glycemic Load:2.97, Inflammation Score:-10, Nutrition Score:65.021739192631%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

## Nutrients (% of daily need)

Calories: 2996.64kcal (149.83%), Fat: 89.62g (137.88%), Saturated Fat: 27.48g (171.76%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 17.83g (6.49%), Sugar: 11.18g (12.42%), Cholesterol: 1382.85mg (460.95%), Sodium: 1838.17mg (79.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 493.72g (987.44%), Selenium: 611.79µg (873.99%), Vitamin B6: 16.77mg (838.31%), Vitamin B1: 9.82mg (654.53%), Vitamin B3: 126.94mg (634.7%), Phosphorus: 4992.14mg (499.21%), Zinc: 39.99mg (266.62%), Vitamin B2: 4.17mg (245.54%), Potassium: 8525.23mg (243.58%), Vitamin B12: 11.19µg (186.57%), Vitamin B5: 16.57mg (165.67%), Magnesium: 598.58mg (149.64%), Iron: 13.5mg (74.99%), Vitamin A: 3633.03IU (72.66%), Copper: 1.42mg (71.08%), Vitamin D: 8.78µg (58.53%), Manganese: 0.5mg (25.16%), Vitamin E: 3.34mg (22.26%), Fiber: 4.67g (18.68%), Vitamin C: 13.99mg (16.96%), Calcium: 155.06mg (15.51%), Vitamin K: 13.32µg (12.69%), Folate: 27.93µg (6.98%)