



Bavarian Sauerkraut



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon add carrot and onion to bacon fat . cook
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 teaspoon caraway seeds
- ☐ 0.5 cup chicken stock see
- ☐ 1 cup onion finely chopped
- ☐ 32 ounce sauerkraut undrained
- ☐ 0.5 cup cooking sherry

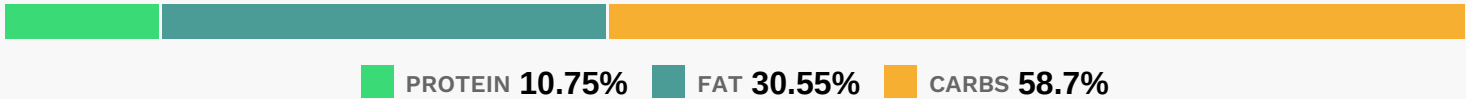
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat bacon drippings in a large skillet over medium heat; cook and stir onion until soft and translucent, about 5 minutes.
- ☐ Place sauerkraut with juice into a large bowl and cover with water. Stir and use your hands to squeeze out as much of the water and juice as possible.
- ☐ Add squeezed sauerkraut to onion.
- ☐ Stir brown sugar, caraway seeds, chicken stock, and cooking sherry into the sauerkraut mixture. Reduce heat to low and simmer until almost all the liquid has evaporated, 30 to 40 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.97, Inflammation Score:-3, Nutrition Score:5.6982608657816%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 69.48kcal (3.47%), Fat: 2.14g (3.29%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 5.51g (2%), Sugar: 4.7g (5.23%), Cholesterol: 2.11mg (0.7%), Sodium: 775.65mg (33.72%), Alcohol: 1.54g (100%), Alcohol %: 1.17% (100%), Protein: 1.69g (3.38%), Vitamin C: 18.23mg (22.1%), Fiber: 3.72g (14.89%), Vitamin K: 14.91µg (14.2%), Manganese: 0.22mg (10.94%), Iron: 1.83mg (10.18%), Vitamin B6: 0.19mg (9.48%), Folate: 31.96µg (7.99%), Potassium: 253.75mg (7.25%), Copper: 0.13mg (6.42%), Magnesium: 19.62mg (4.91%), Calcium: 43.39mg (4.34%), Phosphorus: 36.71mg (3.67%), Vitamin B2: 0.05mg (2.72%), Vitamin B1: 0.04mg (2.66%), Vitamin

B3: 0.45mg (2.25%), Zinc: 0.3mg (2.03%), Selenium: 1.17µg (1.68%), Vitamin B5: 0.14mg (1.39%), Vitamin E: 0.18mg (1.23%)