



Bill and Annette's One Pot Kraut Special

 **Gluten Free**  **Dairy Free**

READY IN



375 min.

SERVINGS



6

CALORIES



441 kcal

SIDE DISH

Ingredients

- 3 pound pork loin boneless
- 0.3 cup brown sugar
- 2 apples i use 2 granny smith apples diced cored peeled
- 20 ounce peach-flavored iced tea
- 1 large onion diced
- 32 ounce sauerkraut drained

Equipment

- slow cooker

Directions

Place apples and onion into a slow cooker. Set the pork loin on top, then add the sugar, sauerkraut, and iced tea. Cover and cook on High 6 to 8 hours until the pork is tender.

Nutrition Facts

PROTEIN 48.04% **FAT 19.62%** **CARBS 32.34%**

Properties

Glycemic Index:15.17, Glycemic Load:3.4, Inflammation Score:-6, Nutrition Score:30.498695663784%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 441.33kcal (22.07%), Fat: 9.55g (14.69%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 29.14g (10.6%), Sugar: 28.05g (31.17%), Cholesterol: 142.88mg (47.63%), Sodium: 1118.5mg (48.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.72mg (1.57%), Protein: 52.6g (105.2%), Vitamin B6: 1.97mg (98.37%), Selenium: 63.96µg (91.38%), Vitamin B1: 1.06mg (70.55%), Vitamin B3: 13.34mg (66.7%), Phosphorus: 555.77mg (55.58%), Potassium: 1228.31mg (35.09%), Vitamin C: 26.87mg (32.57%), Zinc: 4.45mg (29.66%), Vitamin B2: 0.48mg (28.23%), Fiber: 6.27g (25.06%), Manganese: 0.45mg (22.74%), Magnesium: 85.93mg (21.48%), Iron: 3.64mg (20.21%), Vitamin K: 21.09µg (20.09%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.91mg (19.1%), Copper: 0.31mg (15.59%), Folate: 42.95µg (10.74%), Calcium: 76.53mg (7.65%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.62mg (4.14%), Vitamin A: 60.48IU (1.21%)