



Caraway Sauerkraut



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup medium-bodied ale
- ☐ 2 tablespoons caraway seeds
- ☐ 1 onion thinly sliced
- ☐ 64 oz sauerkraut
- ☐ 2 tablespoons vegetable oil

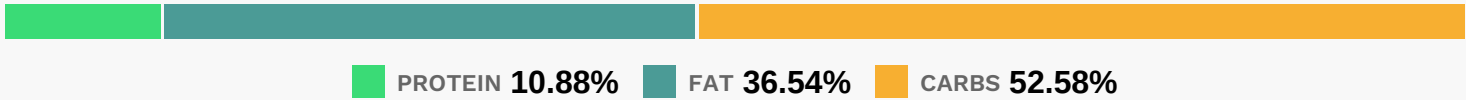
Equipment

- ☐ pot

Directions

- ☐ Drain and rinse sauerkraut; set aside.
- ☐ In a 4-qt. pot, heat oil over medium-high heat.
- ☐ Add onions and cook, stirring occasionally, until softened, about 3 minutes.
- ☐ Add caraway seeds and cook, stirring, until combined, about 1 minute. Stir in sauerkraut and ale. Reduce heat to medium-low and cook, stirring once in a while, until the mixture is hot and flavors are blended, about 30 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.22, Glycemic Load:0.85, Inflammation Score:-3, Nutrition Score:5.4030435248885%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg 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: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 48.16kcal (2.41%), Fat: 1.98g (3.04%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 2.7g (0.98%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 750.55mg (32.63%), Alcohol: 0.58g (100%), Alcohol %: 0.53% (100%), Protein: 1.32g (2.65%), Vitamin C: 17.34mg (21.01%), Vitamin K: 17.9µg (17.04%), Fiber: 3.69g (14.76%), Iron: 1.81mg (10.04%), Manganese: 0.19mg (9.55%), Vitamin B6: 0.17mg (8.26%), Folate: 29.48µg (7.37%), Potassium: 216.93mg (6.2%), Copper: 0.12mg (5.96%), Magnesium: 18.25mg (4.56%), Calcium: 41.36mg (4.14%), Phosphorus: 31mg (3.1%), Vitamin E: 0.32mg (2.12%), Vitamin B1: 0.03mg (2.04%), Vitamin B2: 0.03mg (1.96%), Zinc: 0.27mg (1.8%), Vitamin B3: 0.27mg (1.36%), Selenium: 0.89µg (1.28%), Vitamin B5: 0.12mg (1.2%)