



Choucroute

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon chopped
- ☐ 1 tablespoon butter
- ☐ 4 cups cabbage thinly sliced
- ☐ 2 teaspoons canola oil
- ☐ 0.5 teaspoon caraway seeds crushed
- ☐ 1 teaspoon juniper berries crushed
- ☐ 1 cup lower-sodium chicken broth fat-free
- ☐ 2 cups onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 1 pound pork tenderloin cubed
- ☐ 0.1 teaspoon salt
- ☐ 16 ounce sauerkraut prepared
- ☐ 1 cup riesling wine dry

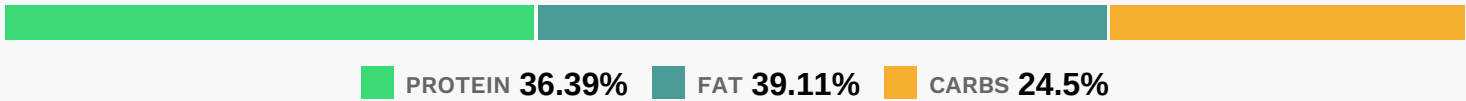
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sprinkle pork tenderloin with pepper and salt. Melt butter in a Dutch oven over medium-high heat.
- ☐ Add pork; saut 5 minutes, browning on all sides.
- ☐ Remove pork. Reduce heat.
- ☐ Add canola oil, onion, crushed juniper berries, crushed caraway seeds, and chopped bacon to pan; cook 10 minutes, stirring occasionally. Stir in cabbage, wine, chicken broth, and sauerkraut. Bring to a boil. Cover and simmer 1 hour and 15 minutes, stirring occasionally.
- ☐ Add pork; cook 15 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:3.18, Inflammation Score:-7, Nutrition Score:27.683043718338%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.45mg, Quercetin: 16.45mg, Quercetin: 16.45mg, Quercetin: 16.45mg

Nutrients (% of daily need)

Calories: 352.31kcal (17.62%), Fat: 13.76g (21.16%), Saturated Fat: 4.85g (30.3%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 12.86g (4.68%), Sugar: 7.66g (8.51%), Cholesterol: 88.49mg (29.5%), Sodium: 1102.39mg (47.93%), Alcohol: 5.7g (100%), Alcohol %: 1.4% (100%), Protein: 28.8g (57.6%), Vitamin B1: 1.25mg (83.23%), Vitamin K: 70.14µg (66.8%), Vitamin B6: 1.23mg (61.42%), Vitamin C: 48.26mg (58.5%), Selenium: 37.93µg (54.19%), Vitamin B3: 8.37mg (41.84%), Phosphorus: 357.93mg (35.79%), Potassium: 1021.91mg (29.2%), Vitamin B2: 0.47mg (27.53%), Fiber: 6.53g (26.1%), Manganese: 0.42mg (21.14%), Iron: 3.36mg (18.68%), Zinc: 2.75mg (18.31%), Folate: 72.67µg (18.17%), Magnesium: 64.01mg (16%), Vitamin B5: 1.37mg (13.68%), Copper: 0.26mg (13.15%), Vitamin B12: 0.65µg (10.84%), Calcium: 90.93mg (9.09%), Vitamin E: 1.02mg (6.77%), Vitamin A: 186.01IU (3.72%), Vitamin D: 0.38µg (2.56%)