

Choucroute Garnie



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces thick- bacon strips
- ☐ 3 bay leaves
- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 pound bratwurst fully cooked
- ☐ 0.7 cup parsley fresh chopped
- ☐ 1.8 pounds meaty ham hocks smoked
- ☐ 8 servings horseradish white prepared
- ☐ 1 teaspoon juniper berries

- ☐ 2 pounds kielbasa fully cooked
- ☐ 1 pound knockwurst fully cooked
- ☐ 2 large onions chopped
- ☐ 2 cups alsatian pinot blanc dry white
- ☐ 3 delicious apples red cored unpeeled cut into 1-inch pieces
- ☐ 2 pounds red-skinned potatoes
- ☐ 4 pound sauerkraut dry
- ☐ 8 allspice whole
- ☐ 8 servings mustards assorted
- ☐ 8 servings mustards assorted

Equipment

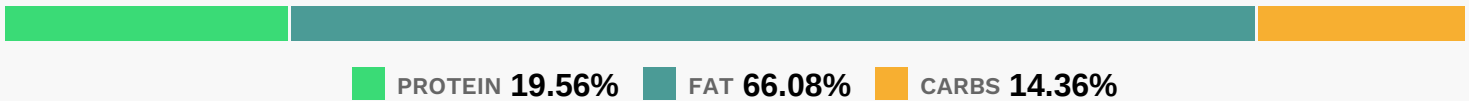
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Place ham hocks in large saucepan.
- ☐ Add enough water to cover by 2 inches. Bring to boil. Reduce heat, cover and simmer until meat is very tender, about 2 hours.
- ☐ Transfer hocks to medium bowl. Boil broth until reduced to 2 cups, about 15 minutes.
- ☐ Remove meat from bones; discard bones.
- ☐ Place hock meat in medium bowl. (Can be made 1 day ahead. Cover hock meat and broth separately; chill.)
- ☐ Preheat oven to 350°F.
- ☐ Heat heavy large pot over medium-high heat.
- ☐ Add bratwurst and bacon. Sauté until bacon is crisp and bratwurst is brown, about 10 minutes.

- ☐ Place in bowl with hock meat.
- ☐ Add onions, spices and bay leaves to same pot. Sauté until onions are tender, about 5 minutes.
- ☐ Add apples; sauté 2 minutes.
- ☐ Mix in sauerkraut.
- ☐ Add all meats; press to submerge.
- ☐ Add reserved broth and wine. Boil 10 minutes. Cover choucroute and bake 1 1/2 hours.
- ☐ Meanwhile, cook potatoes in pot of boiling salted water until tender, about 18 minutes.
- ☐ Drain; cool slightly.
- ☐ Cut potatoes in half. Dip cut sides into parsley. Arrange sauerkraut and meats on platter. Surround with potatoes.
- ☐ Serve with mustards and horseradish.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:5.59, Inflammation Score:-8, Nutrition Score:41.155217543892%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 10.82mg, Apigenin: 10.82mg, Apigenin: 10.82mg, Apigenin: 10.82mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg

Nutrients (% of daily need)

Calories: 1403.43kcal (70.17%), Fat: 99.71g (153.4%), Saturated Fat: 35.54g (222.13%), Carbohydrates: 48.75g (16.25%), Net Carbohydrates: 37.6g (13.67%), Sugar: 14.31g (15.9%), Cholesterol: 282.22mg (94.07%), Sodium:

3964.99mg (172.39%), Alcohol: 6.14g (100%), Alcohol %: 0.9% (100%), Protein: 66.4g (132.8%), Vitamin K: 120.17µg (114.45%), Vitamin B1: 1.28mg (85%), Selenium: 58.11µg (83.02%), Vitamin C: 57.1mg (69.21%), Potassium: 2067.18mg (59.06%), Vitamin B6: 1.14mg (57.05%), Vitamin B3: 11.13mg (55.63%), Phosphorus: 505.69mg (50.57%), Iron: 8.74mg (48.58%), Fiber: 11.15g (44.6%), Zinc: 6.27mg (41.83%), Vitamin B12: 2.34µg (38.93%), Manganese: 0.74mg (36.93%), Vitamin B2: 0.56mg (33.15%), Copper: 0.63mg (31.29%), Magnesium: 102.91mg (25.73%), Folate: 97.49µg (24.37%), Vitamin B5: 1.87mg (18.7%), Calcium: 159.95mg (16%), Vitamin A: 527.35IU (10.55%), Vitamin D: 1.36µg (9.07%), Vitamin E: 1.1mg (7.3%)