



Choucroute Tumble

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 bay leaves
- 1 teaspoon pepper black freshly ground
- 0.5 teaspoon cayenne pepper
- 1 large onion cut into wedges
- 1 teaspoon paprika sweet red
- 0.5 teaspoon salt
- 48 ounce sauerkraut drained
- 0.5 cup water

0.8 cup white wine

Equipment

oven

baking pan

roasting pan

Directions

Place onion in a lightly greased roasting pan or 13- x 9-inch baking pan.

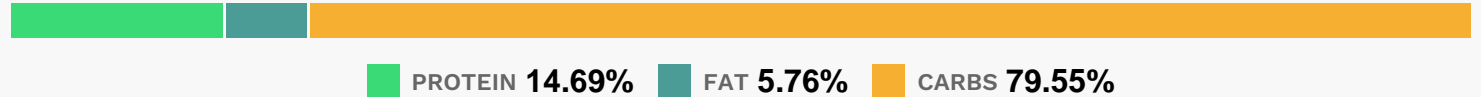
Bake at 350 for 10 minutes or until tender.

Add sauerkraut and next 6 ingredients, stirring until well blended.

Pour water over the surface.

Bake, covered, 1 hour. Uncover and bake an additional 30 minutes. If desired, place grilled bratwurst on sauerkraut mixture for the last 30 minutes of baking time.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:6.5991305268329%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 48.09kcal (2.4%), Fat: 0.26g (0.4%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 3.65g (1.33%), Sugar: 3.26g (3.63%), Cholesterol: 0mg (0%), Sodium: 1018.05mg (44.26%), Alcohol:

1.85g (100%), Alcohol %: 1.29% (100%), Protein: 1.48g (2.96%), Vitamin C: 21.21mg (25.7%), Vitamin K: 18.39µg (17.51%), Fiber: 4.36g (17.43%), Manganese: 0.28mg (13.97%), Iron: 2.16mg (12.02%), Vitamin B6: 0.21mg (10.59%), Folate: 35.98µg (9%), Potassium: 275.43mg (7.87%), Copper: 0.14mg (7.19%), Magnesium: 22mg (5.5%), Calcium: 48.06mg (4.81%), Phosphorus: 36.08mg (3.61%), Vitamin A: 167.86IU (3.36%), Vitamin B1: 0.04mg (2.51%), Vitamin B2: 0.04mg (2.39%), Zinc: 0.32mg (2.15%), Vitamin E: 0.28mg (1.89%), Vitamin B5: 0.16mg (1.61%), Selenium: 0.94µg (1.35%), Vitamin B3: 0.26mg (1.32%)