

Chris' Kraut



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

Ingredients



0.5 pound bacon



6 servings salt and pepper to taste



16 ounce sauerkraut drained and rinsed canned



0.5 cup sugar white

Equipment



frying pan

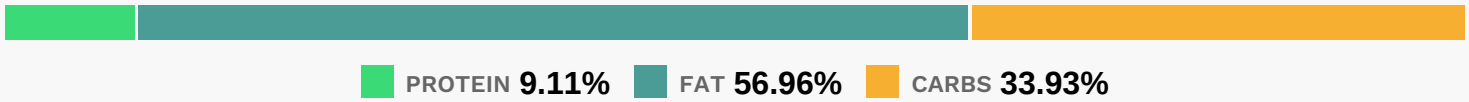


sauce pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, reserving drippings, crumble and set aside.
- ☐ In a medium saucepan heat sauerkraut with a little water over medium heat. Stir in crumbled bacon, sugar and 3 to 4 tablespoons of bacon drippings. Cook for 20 minutes, or until heated through. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:11.97, Inflammation Score:-1, Nutrition Score:5.5004347847856%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 236.15kcal (11.81%), Fat: 15.16g (23.33%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 18.13g (6.59%), Sugar: 17.98g (19.98%), Cholesterol: 24.95mg (8.32%), Sodium: 943.9mg (41.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin C: 11.11mg (13.47%), Selenium: 8.15µg (11.65%), Vitamin B6: 0.2mg (9.94%), Vitamin K: 9.83µg (9.36%), Fiber: 2.19g (8.77%), Vitamin B3: 1.63mg (8.14%), Vitamin B1: 0.12mg (8.01%), Iron: 1.28mg (7.09%), Phosphorus: 69.55mg (6.96%), Manganese: 0.12mg (5.97%), Potassium: 203.73mg (5.82%), Folate: 18.14µg (4.54%), Copper: 0.09mg (4.49%), Zinc: 0.59mg (3.95%), Magnesium: 14.37mg (3.59%), Vitamin B12: 0.19µg (3.15%), Vitamin B2: 0.05mg (2.97%), Vitamin B5: 0.28mg (2.8%), Calcium: 24.86mg (2.49%), Vitamin E: 0.27mg (1.79%), Vitamin D: 0.15µg (1.01%)