

Cola Sauerkraut

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



12

CALORIES



100 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup butter
- 12 fluid ounce coca-cola canned
- 2 medium onion chopped
- 32 ounce sauerkraut

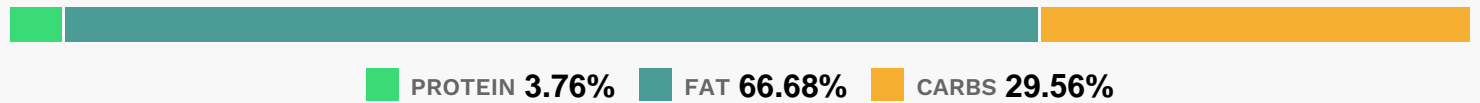
Equipment

- frying pan
- dutch oven

Directions

- Melt the butter in a large skillet or Dutch oven over medium heat.
- Saute onions in butter until translucent. Stir in the sauerkraut and cola.
- Cover, reduce heat to low, and simmer for 1 hour, adding up to 1/2 cup of water if necessary to prevent sticking.
- Remove cover and increase heat to medium for at least 15 minutes, or until most of the juice cooks down, and the sauerkraut glistens.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:2.5, Inflammation Score:-3, Nutrition Score:3.9882609131544%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 100.45kcal (5.02%), Fat: 7.8g (12%), Saturated Fat: 4.89g (30.59%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 5.28g (1.92%), Sugar: 4.78g (5.31%), Cholesterol: 20.34mg (6.78%), Sodium: 562.44mg (24.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin C: 12.47mg (15.11%), Vitamin K: 10.56µg (10.06%), Fiber: 2.5g (10.02%), Manganese: 0.14mg (6.92%), Iron: 1.18mg (6.58%), Vitamin B6: 0.12mg (6.03%), Folate: 21.91µg (5.48%), Vitamin A: 250.34IU (5.01%), Potassium: 158.15mg (4.52%), Copper: 0.08mg (4%), Calcium: 29.76mg (2.98%), Magnesium: 11.85mg (2.96%), Phosphorus: 25.66mg (2.57%), Vitamin E: 0.33mg (2.19%), Vitamin B1: 0.02mg (1.65%), Vitamin B2: 0.02mg (1.46%), Zinc: 0.19mg (1.26%), Vitamin B5: 0.1mg (1.03%)