



Easy Pork and Sauerkraut

 Gluten Free  Dairy Free

READY IN



375 min.

SERVINGS



6

CALORIES



140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 apples cored peeled
- ☐ 1 teaspoon mustard dry
- ☐ 0.5 tablespoon dill weed fresh
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon onion salt
- ☐ 1 pound roasted cut into 1 inch cubes
- ☐ 32 ounce sauerkraut with juice

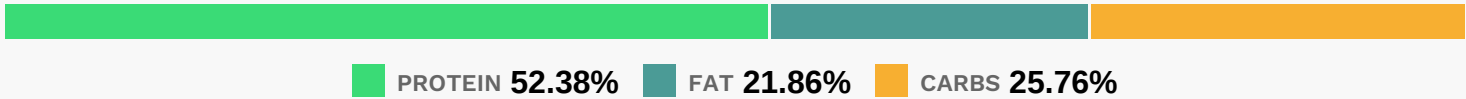
Equipment

☐ slow cooker

Directions

- ☐ Combine all ingredients in a slow cooker and stir well. Submerge the apple under the other ingredients.
- ☐ Cook on High for one hour, reduce heat to Low and continue cooking for 5 hours or until pork is cooked through. Discard apple and serve.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.35, Inflammation Score:-4, Nutrition Score:14.257826131323%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 140.1kcal (7%), Fat: 3.43g (5.28%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 4.28g (1.56%), Sugar: 4.3g (4.78%), Cholesterol: 47.63mg (15.88%), Sodium: 1424.48mg (61.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.51g (37.03%), Vitamin B6: 0.79mg (39.57%), Selenium: 22.73µg (32.47%), Vitamin C: 23.39mg (28.35%), Vitamin B1: 0.37mg (24.97%), Vitamin B3: 4.6mg (22.99%), Phosphorus: 206.83mg (20.68%), Fiber: 4.82g (19.27%), Vitamin K: 20.03µg (19.08%), Potassium: 564.14mg (16.12%), Iron: 2.71mg (15.04%), Manganese: 0.27mg (13.54%), Zinc: 1.69mg (11.27%), Vitamin B2: 0.18mg (10.65%), Magnesium: 41.66mg (10.42%), Copper: 0.2mg (9.98%), Folate: 37.37µg (9.34%), Vitamin B5: 0.72mg (7.24%), Vitamin B12: 0.39µg (6.43%), Calcium: 53.66mg (5.37%), Vitamin E: 0.36mg (2.37%), Vitamin D: 0.3µg (2.02%)