



## German Pork & Cabbage Casserole

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 slices bacon
- 6 pork ribs country-style
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 5 cups coleslaw mix (from 16-oz bag)
- 1 cup onion chopped (1 large)
- 8 oz sauerkraut drained canned
- 1 apples chopped

- 1 cup carrots (matchstick-cut)
- 0.8 cup apple cider
- 1 teaspoon caraway seeds

## Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer
- aluminum foil

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) baking dish with cooking spray. In 12-inch nonstick skillet, cook bacon until crisp; remove from skillet, and crumble into small bowl. Season ribs with salt and pepper. In same skillet, cook ribs in bacon drippings over high heat 3 to 4 minutes, turning once, until brown.
- Place in baking dish, reserving fat in skillet.
- In same skillet, place coleslaw mix and onion; cook over medium heat about 3 minutes, stirring occasionally, until softened and wilted.
- Remove from heat.
- Add bacon, sauerkraut, apple, carrots, apple cider and caraway seed; mix well. Spoon into baking dish on top of pork.
- Cover with foil.
- Bake 30 to 45 minutes or until pork is no longer pink and meat thermometer inserted in center reads 160°F.

## Nutrition Facts

 **PROTEIN 18.1%**  **FAT 61.41%**  **CARBS 20.49%**

## Properties

Glycemic Index:42.43, Glycemic Load:4.69, Inflammation Score:-10, Nutrition Score:19.370000030683%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

## Nutrients (% of daily need)

Calories: 336.82kcal (16.84%), Fat: 23.21g (35.7%), Saturated Fat: 7.49g (46.79%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 12.88g (4.68%), Sugar: 10.68g (11.86%), Cholesterol: 70.54mg (23.51%), Sodium: 608.38mg (26.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.39g (30.78%), Vitamin A: 3650.86IU (73.02%), Vitamin K: 52.97µg (50.45%), Vitamin C: 31.87mg (38.63%), Vitamin B6: 0.69mg (34.27%), Selenium: 20.24µg (28.92%), Vitamin B1: 0.37mg (24.35%), Vitamin B3: 4.62mg (23.12%), Fiber: 4.54g (18.16%), Phosphorus: 172.72mg (17.27%), Zinc: 2.42mg (16.12%), Vitamin B2: 0.27mg (16.06%), Potassium: 551.73mg (15.76%), Manganese: 0.27mg (13.62%), Vitamin D: 1.86µg (12.42%), Folate: 44.23µg (11.06%), Iron: 1.85mg (10.28%), Magnesium: 35.12mg (8.78%), Vitamin B5: 0.84mg (8.39%), Copper: 0.15mg (7.56%), Calcium: 67.23mg (6.72%), Vitamin B12: 0.36µg (5.93%), Vitamin E: 0.69mg (4.62%)