



German Sauerkraut Soup

READY IN



135 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon chopped
- ☐ 15 ounce pinto beans drained canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 pound sauerkraut drained and rinsed
- ☐ 2 ham hocks smoked
- ☐ 1 cup heavy whipping cream sour
- ☐ 3 quarts water

☐ 2 onions yellow chopped

Equipment

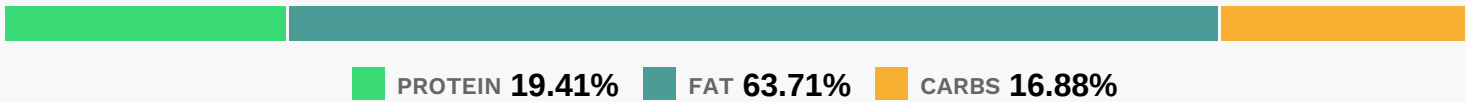
☐ frying pan

☐ pot

Directions

- ☐ Heat olive oil in a large skillet over medium heat.
- ☐ Sautee onion and garlic until tender; set aside. Put ham hocks, onion, garlic and water into a stockpot, season with pepper to taste, cover and bring to a simmer for 1 1/2 hours.
- ☐ Stir the sauerkraut and beans into the soup.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Remove bacon into the stockpot, reserving drippings. Stir flour into the bacon drippings to make a roux. Stir the roux into the soup. Continue to simmer the soup until thick.
- ☐ Remove from the heat and stir in the sour cream.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:4.97, Inflammation Score:-4, Nutrition Score:9.4139129908189%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 406.73kcal (20.34%), Fat: 28.79g (44.29%), Saturated Fat: 10.63g (66.41%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 12.5g (4.55%), Sugar: 3.71g (4.13%), Cholesterol: 82mg (27.33%), Sodium: 839.14mg (36.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.74g (39.48%), Fiber: 4.65g (18.59%), Manganese: 0.33mg

(16.41%), Potassium: 537.33mg (15.35%), Iron: 2.65mg (14.73%), Vitamin C: 11.23mg (13.62%), Phosphorus: 135.08mg (13.51%), Vitamin B6: 0.24mg (12.19%), Selenium: 8.3µg (11.86%), Copper: 0.23mg (11.57%), Vitamin B1: 0.16mg (10.65%), Calcium: 99.72mg (9.97%), Folate: 38.48µg (9.62%), Vitamin K: 10.1µg (9.62%), Magnesium: 38.29mg (9.57%), Vitamin B3: 1.59mg (7.97%), Vitamin B2: 0.11mg (6.73%), Zinc: 0.95mg (6.3%), Vitamin E: 0.87mg (5.82%), Vitamin B5: 0.43mg (4.3%), Vitamin A: 200.43IU (4.01%), Vitamin B12: 0.2µg (3.37%)