



## Grandma Drexler's Bavarian Goulash

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 pinch dill seed
- ☐ 1 pinch basil dried
- ☐ 1 tablespoon marjoram dried to taste
- ☐ 1 clove garlic minced
- ☐ 1 pinch ground mustard
- ☐ 0.5 onion chopped
- ☐ 1 teaspoon paprika

- ☐ 1 pound fatty pork cut into 1-inch cubes
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sauerkraut
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 2.5 cups water divided

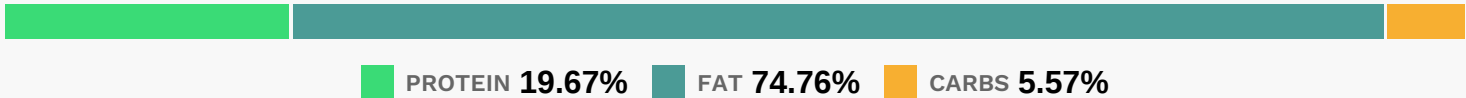
## Equipment

- ☐ pot

## Directions

- ☐ Melt butter in a large pot over medium-high heat. Cook and stir onion and garlic in melted butter until the onion is golden brown, 10 to 15 minutes.
- ☐ Stir pork, marjoram, paprika, salt, basil, dill, and mustard powder into the onion mixture; cook and stir until pork is only slightly pink in the center, 5 to 7 minutes.
- ☐ Pour about half the water over the pork mixture.
- ☐ Add sauerkraut and sour cream; stir. Bring the mixture to a boil and add remaining water; cook at a boil until thickened, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:25.67, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:10.404782689136%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

## Nutrients (% of daily need)

Calories: 284.97kcal (14.25%), Fat: 23.69g (36.45%), Saturated Fat: 10.08g (63.01%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 2.75g (1%), Sugar: 1.86g (2.07%), Cholesterol: 76.41mg (25.47%), Sodium: 422.52mg (18.37%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.06%), Vitamin B1: 0.57mg (38.24%), Selenium: 20.35µg (29.07%), Vitamin B6: 0.36mg (18.19%), Vitamin B3: 3.42mg (17.12%), Phosphorus: 167.23mg (16.72%), Vitamin B2: 0.24mg (14.3%), Zinc: 1.89mg (12.63%), Vitamin B12: 0.59µg (9.89%), Potassium: 329.39mg (9.41%), Iron: 1.6mg (8.9%), Vitamin A: 439.66IU (8.79%), Vitamin K: 8.92µg (8.5%), Calcium: 67.47mg (6.75%), Magnesium: 26.37mg (6.59%), Vitamin B5: 0.65mg (6.52%), Vitamin C: 5.32mg (6.45%), Manganese: 0.11mg (5.7%), Fiber: 1.22g (4.89%), Copper: 0.09mg (4.75%), Folate: 14.89µg (3.72%), Vitamin E: 0.33mg (2.18%)