



 **75%**  
HEALTH SCORE

## Homemade Choucroute Garni

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



12

CALORIES



1362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds bacon smoked
- 2 bay leaves
- 25 peppercorns whole black
- 3 carrots peeled
- 2 cups chicken broth low-sodium homemade canned
- 1.5 teaspoons coriander seeds
- 1.5 pounds roasted sunflower seeds
- 1.5 pounds roasted sunflower seeds dried rinsed

- 6 sprigs parsley fresh
- 4 sprigs thyme sprigs fresh
- 0.3 cup garlic finely minced
- 0.5 cup goose fat
- 15 juniper berries
- 4 medium onion sliced
- 1 pound pork butt smoked
- 8 small potatoes - remove skin red peeled
- 1.5 cups wine dry white
- 2 teaspoons salt
- 4 sausage smoked
- 16 ounces sausage
- 4 ground veal white

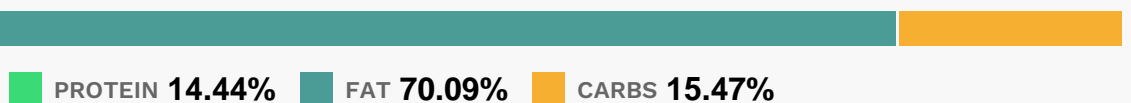
## Equipment

- dutch oven

## Directions

- Add wine, chicken stock, and 2 cups water to Dutch oven; stir to combine.
- Add dry-salted bacon, smoked bacon, pig's knuckles, pork butt, carrots, garlic, salt, and bouquet garni.
- Lay washed and drained sauerkraut on top of mixture in Dutch oven.
- Add enough cold water to bring liquid to 1 inch below sauerkraut. Cover, increase heat to high, and bring liquid to boil. Reduce heat to low; cook at strong simmer for 1 1/2 hours.

## Nutrition Facts



## Properties

Glycemic Index:23.65, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:58.383478454922%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

## Nutrients (% of daily need)

Calories: 1362.27kcal (68.11%), Fat: 107.79g (165.83%), Saturated Fat: 22.55g (140.91%), Carbohydrates: 53.55g (17.85%), Net Carbohydrates: 40.09g (14.58%), Sugar: 7.21g (8.01%), Cholesterol: 116.53mg (38.84%), Sodium: 1672.29mg (72.71%), Alcohol: 3.09g (100%), Alcohol %: 0.75% (100%), Protein: 49.97g (99.93%), Vitamin E: 30.42mg (202.77%), Phosphorus: 1666.36mg (166.64%), Selenium: 113.3µg (161.86%), Manganese: 2.76mg (137.94%), Copper: 2.39mg (119.62%), Vitamin B5: 9.78mg (97.8%), Vitamin B6: 1.78mg (88.87%), Vitamin B3: 17.17mg (85.83%), Folate: 301.08µg (75.27%), Zinc: 9.99mg (66.61%), Potassium: 2064.74mg (58.99%), Vitamin A: 2697.5IU (53.95%), Fiber: 13.47g (53.87%), Vitamin B1: 0.8mg (53.14%), Magnesium: 207.27mg (51.82%), Iron: 7.05mg (39.19%), Vitamin B2: 0.63mg (36.95%), Vitamin C: 17.55mg (21.28%), Vitamin B12: 1.23µg (20.56%), Vitamin K: 17.48µg (16.65%), Calcium: 132.82mg (13.28%), Vitamin D: 1.31µg (8.76%)