

# Homemade Sauerkraut



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



29 kcal

SIDE DISH

## Ingredients

- ☐ 2 pounds cabbage (from 1 head)
- ☐ 4 teaspoons sea salt fine
- ☐ 8 servings jar
- ☐ 1 serving airlock
- ☐ 1 Glass weights
- ☐ 8 servings airlock

## Equipment

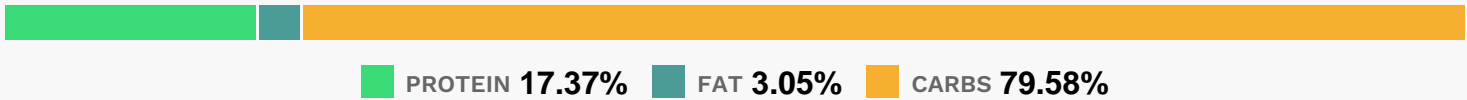
- ☐ mixing bowl

☐ wooden spoon

## Directions

- ☐ Remove any bruised or damaged exterior leaves from your cabbage, and then slice it in half cross-wise.
- ☐ Remove the cabbage's core, and then slice the cabbage into strips no wider than 1/8-inch thick.
- ☐ Toss cabbage and salt together in a large mixing bowl and let it rest about 20 minutes, or until the cabbage begins to soften and release a little juice. Then squeeze the cabbage with your hands to to soften it even further, and help it to release more juice.
- ☐ When the cabbage has become limp and has released ample juice, transfer it to your jar. Pack the sauerkraut tightly into your jar, using a kraut pounder or a wooden spoon, so that the cabbage continues to release its liquid and no air bubbles remain.
- ☐ Continue packing the cabbage into the container until the cabbage is completely submerged by its liquid.
- ☐ Place weights over the cabbage, and then seal the jar with your airlock. Allow the cabbage to ferment at room temperature and away from direct sunlight at least 1 month, or until done to your liking. When the sauerkaut is sour enough for your liking, transfer it to the fridge where it will keep at least 6 months and up to 1 year.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:1.65, Inflammation Score:-4, Nutrition Score:9.0878262727157%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 28.63kcal (1.43%), Fat: 0.11g (0.17%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 3.81g (1.39%), Sugar: 3.63g (4.03%), Cholesterol: 0mg (0%), Sodium: 1198.15mg (52.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin K: 86.18µg (82.08%), Vitamin C: 41.5mg (50.31%),

Folate: 48.76µg (12.19%), Fiber: 2.84g (11.34%), Manganese: 0.18mg (9.22%), Vitamin B6: 0.14mg (7.03%), Potassium: 193.02mg (5.51%), Vitamin B1: 0.07mg (4.61%), Calcium: 46.08mg (4.61%), Magnesium: 13.64mg (3.41%), Iron: 0.54mg (3.02%), Phosphorus: 29.48mg (2.95%), Vitamin B2: 0.05mg (2.67%), Vitamin B5: 0.24mg (2.4%), Vitamin A: 111.13IU (2.22%), Zinc: 0.21mg (1.38%), Vitamin B3: 0.27mg (1.33%), Vitamin E: 0.17mg (1.13%), Copper: 0.02mg (1.12%)