

Homemade Sauerkraut



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 2 medium cabbage heads shredded cored finely (4 to 5 total pounds, and)
- ☐ 2 tablespoons sea salt (find unrefined sea salt [here](#))

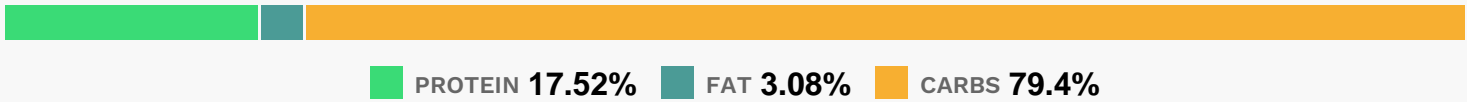
Equipment

- ☐ mixing bowl

Directions

- ☐
- Toss cabbage and salt together in a large mixing bowl and begin to squeeze the cabbage and salt together with your hands, kneading it thoroughly to break up the cellular structure of the shredded cabbage. When the cabbage has become limp and releases its juice, transfer it to a sauerkraut crock or vegetable fermenter (available here). Pack the salted cabbage into the crock or fermenter as tightly as you can, eliminating air bubbles. A kraut pounder (available here) is particularly helpful in packing the cabbage tight within the crock. Continue packing the cabbage into the container until the cabbage is completely submerged by liquid. Cover loosely and allow it to sit at room temperature, undisturbed, for at least 1 month and up to 6 months, testing the sauerkraut every few days until it is done to your liking.
- ☐
- Transfer to the refrigerator or other cold storage where it should keep for at least 6 months and up to 1 year.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:3.3, Inflammation Score:-6, Nutrition Score:15.357826046322%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 56.75kcal (2.84%), Fat: 0.23g (0.35%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 7.49g (2.72%), Sugar: 7.26g (8.07%), Cholesterol: 0mg (0%), Sodium: 1784.97mg (77.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.81%), Vitamin K: 172.52µg (164.3%), Vitamin C: 83.08mg (100.71%), Folate: 97.61µg (24.4%), Fiber: 5.68g (22.7%), Manganese: 0.37mg (18.39%), Vitamin B6: 0.28mg (14.07%), Potassium: 386.26mg (11.04%), Vitamin B1: 0.14mg (9.23%), Calcium: 91.88mg (9.19%), Magnesium: 27.28mg (6.82%), Iron: 1.08mg (6.01%), Phosphorus: 59.02mg (5.9%), Vitamin B2: 0.09mg (5.34%), Vitamin B5: 0.48mg (4.81%), Vitamin A: 222.46IU (4.45%), Zinc: 0.41mg (2.75%), Vitamin B3: 0.53mg (2.66%), Vitamin E: 0.34mg (2.27%), Copper: 0.04mg (2.22%)