



Italian Sauerkraut: Blaukrauti

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

ready

155 min.

SERVINGS

servings

8

CALORIES

calories

42 kcal

SIDE DISH

Ingredients

- ☐ 6 cups chiffonade cabbage red ()
- ☐ 1 clove garlic
- ☐ 1 medium onion red thinly sliced
- ☐ 2 cups red wine vinegar
- ☐ 4 sage leaves
- ☐ 2 tablespoons salt
- ☐ 2 tablespoons sugar

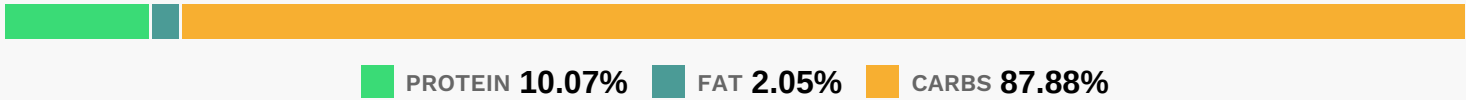
Equipment

pot

Directions

Place all ingredients in a 6-quart pot and cover. Bring to a boil over high flame and reduce to simmer. Cook covered 40 to 50 minutes, stirring frequently or until very tender. Can be reheated with great success.

Nutrition Facts



Properties

Glycemic Index:21.39, Glycemic Load:3.18, Inflammation Score:-2, Nutrition Score:5.0113044277481%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 42.12kcal (2.11%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 6.05g (2.2%), Sugar: 5.26g (5.85%), Cholesterol: 0mg (0%), Sodium: 1758.98mg (76.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin K: 39.96µg (38.06%), Vitamin C: 20.65mg (25.03%), Manganese: 0.14mg (7.11%), Folate: 25.2µg (6.3%), Fiber: 1.56g (6.22%), Vitamin B6: 0.09mg (4.31%), Copper: 0.09mg (4.27%), Potassium: 134.64mg (3.85%), Iron: 0.57mg (3.16%), Calcium: 29.67mg (2.97%), Vitamin B1: 0.04mg (2.61%), Magnesium: 10.24mg (2.56%), Phosphorus: 23mg (2.3%), Vitamin B2: 0.03mg (1.51%), Vitamin B5: 0.13mg (1.3%), Vitamin A: 51.76IU (1.04%)