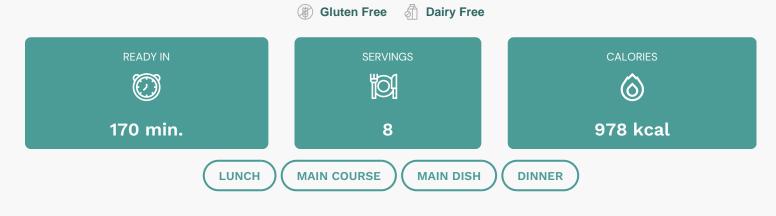


# John Besh's Choucroute Garnie Recipe



## Ingredients

8 ounces bacon diced
1 bay leaves
8 servings pepper black freshly ground
1 pound bratwurst (4)
1 teaspoon caraway seeds
1 carrots chopped
1 stalk celery chopped
2 cups mirin dry

	1 pound garlic
	1 pork hock
	2 tablespoons honey
	2 juniper berries crushed
	4 onion chopped
	1 pound pork belly
	4 medium potatoes yellow peeled quartered
	8 servings salt
	6 cups sauerkraut dry rinsed
	2 tablespoons vegetable oil
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Nutrition Facts		
How To Make Sauerkraut		
Sausage And Sauerkraut Fritter Recipe		
Recipe		
top.Try out these recipes with sauerkraut on Food Republic:DBGB's Super Secret Sauerkraut		

PROTEIN 12.7% FAT 63.39% CARBS 23.91%

### **Properties**

Glycemic Index:45.48, Glycemic Load:23.48, Inflammation Score:-9, Nutrition Score:32.561304631441%

#### **Flavonoids**

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.07mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Kaempferol: 1.42mg, Wyricetin: 0.94mg, Myricetin: 0.94mg, Quercetin: 12.94mg, Quercetin: 12.94mg, Quercetin: 12.94mg

#### Nutrients (% of daily need)

Calories: 978.19kcal (48.91%), Fat: 66.81g (102.78%), Saturated Fat: 22.87g (142.93%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 48.72g (17.72%), Sugar: 10.37g (11.52%), Cholesterol: 124.65mg (41.55%), Sodium: 1664.14mg (72.35%), Alcohol: 5.7g (100%), Alcohol %: 1.27% (100%), Protein: 30.13g (60.25%), Vitamin B6: 1.57mg (78.66%), Vitamin C: 59.26mg (71.83%), Manganese: 1.39mg (69.75%), Selenium: 42.13µg (60.19%), Vitamin B1: 0.82mg (54.43%), Vitamin B3: 8.34mg (41.7%), Phosphorus: 410.37mg (41.04%), Potassium: 1418.35mg (40.52%), Fiber: 7.98g (31.94%), Vitamin B2: 0.48mg (28.2%), Zinc: 4.07mg (27.13%), Vitamin A: 1345.57IU (26.91%), Vitamin K: 27.87µg (26.54%), Copper: 0.52mg (25.97%), Iron: 4.64mg (25.8%), Magnesium: 78mg (19.5%), Calcium: 191.6mg (19.16%), Vitamin B12: 1.03µg (17.2%), Vitamin B5: 1.54mg (15.38%), Folate: 60.44µg (15.11%), Vitamin E: 1.06mg (7.04%), Vitamin D: 0.74µg (4.91%)