



Judy's Sauerkraut

 **Gluten Free**  **Dairy Free**

READY IN



495 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

Ingredients

- 2 tablespoons add carrot and onion to bacon fat . cook
- 1 bay leaves
- 1.3 cups beef broth
- 2 teaspoons caraway seeds
- 4 juniper berries
- 2 onion coarsely chopped
- 6 servings salt to taste
- 2 pounds sauerkraut drained

1 teaspoon granulated sugar white to taste

Equipment

slow cooker

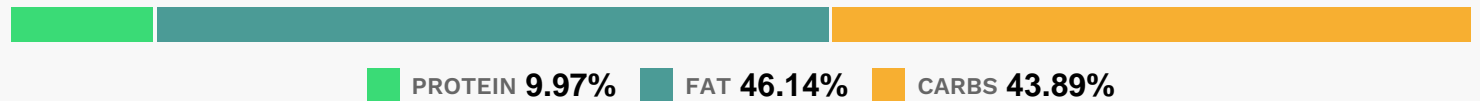
Directions

Place the sauerkraut, bacon drippings, and onion into a slow cooker.

Pour in the beef broth, then season with cloves, bay leaf, juniper berries, caraway seed, salt, and sugar. Stir to combine.

Cook on Low 8 hours.

Nutrition Facts



Properties

Glycemic Index:21.52, Glycemic Load:1.89, Inflammation Score:-4, Nutrition Score:7.7817391079405%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 93.79kcal (4.69%), Fat: 5.11g (7.87%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 5.68g (2.07%), Sugar: 4.92g (5.46%), Cholesterol: 4.43mg (1.48%), Sodium: 1387.8mg (60.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin C: 25.09mg (30.41%), Fiber: 5.27g (21.06%), Vitamin K: 19.8µg (18.86%), Manganese: 0.29mg (14.56%), Iron: 2.5mg (13.9%), Vitamin B6: 0.25mg (12.41%), Folate: 44.35µg (11.09%), Potassium: 346.72mg (9.91%), Copper: 0.17mg (8.29%), Magnesium: 26.07mg (6.52%), Calcium: 61.65mg (6.17%), Phosphorus: 51.18mg (5.12%), Vitamin B1: 0.05mg (3.48%), Vitamin B3: 0.67mg (3.37%), Vitamin B2: 0.06mg (3.32%), Zinc: 0.39mg (2.62%), Selenium: 1.53µg (2.18%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.26mg (1.76%)