



 **20%**
HEALTH SCORE

Knockwurst with sauerkraut

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

READY IN



45 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup onion chopped
- 1 cup beer
- 1 cup water
- 2 tablespoons cornstarch
- 2 tablespoons brown mustard seeds coarse-grain
- 2 tablespoons blackstrap molasses
- 2 teaspoons caraway seeds
- 0.5 teaspoon ground allspice

- 0.3 teaspoon pepper
- 1 large rutabaga peeled cut into 1" cubes
- 1 pound knockwurst fully cooked
- 2 medium apples cored cut into 8 wedges each
- 16 ounce sauerkraut drained and rinsed canned

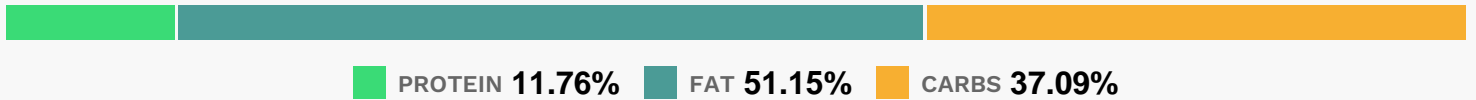
Equipment

- frying pan
- pot

Directions

- Butter a medium fry pan and heat the wurst until brown, about 10-12 minutes.
- Drain the sauerkraut, rinse, and drain well.
- In a large pot cook onion until onion is tender but not brown. Stir in beer.
- In a 2-cup glass measure combine the water, cornstarch, brown mustard, molasses, caraway seed, allspice, and pepper; stir into onion mixture.
- Cook and stir until thickened and bubbly.
- Add rutabaga; cover and cook 15 minutes.
- Stir in the knockwurst, apple wedges, and sauerkraut. Cook, covered, 15 to 20 minutes more or until apples are tender.

Nutrition Facts



Properties

Glycemic Index:73.63, Glycemic Load:17.05, Inflammation Score:-7, Nutrition Score:25.051739130435%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg

Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 7.45mg, Apigenin: 7.45mg, Apigenin: 7.45mg, Apigenin: 7.45mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 4.14mg, Myricetin: 4.14mg, Myricetin: 4.14mg, Myricetin: 4.14mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Taste

Sweetness: 40.18%, Saltiness: 100%, Sourness: 42.39%, Bitterness: 61.28%, Savoriness: 56.61%, Fattiness: 59.22%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 572.73kcal (28.64%), Fat: 32.59g (50.14%), Saturated Fat: 11.72g (73.28%), Carbohydrates: 53.18g (17.73%), Net Carbohydrates: 42.42g (15.42%), Sugar: 28.2g (31.33%), Cholesterol: 68.04mg (22.68%), Sodium: 1838.66mg (79.94%), Alcohol: 2.3g (12.78%), Protein: 16.86g (33.71%), Vitamin C: 70.47mg (85.42%), Fiber: 10.76g (43.05%), Vitamin B1: 0.63mg (41.75%), Potassium: 1311.14mg (37.46%), Manganese: 0.72mg (35.88%), Vitamin B6: 0.69mg (34.46%), Selenium: 21.87µg (31.24%), Phosphorus: 276.3mg (27.63%), Magnesium: 106.98mg (26.75%), Vitamin B3: 5.19mg (25.97%), Iron: 4.19mg (23.27%), Vitamin B12: 1.35µg (22.5%), Folate: 80.65µg (20.16%), Zinc: 2.78mg (18.55%), Vitamin K: 19.45µg (18.52%), Vitamin B2: 0.31mg (18.23%), Copper: 0.35mg (17.51%), Calcium: 174.48mg (17.45%), Vitamin E: 1.63mg (10.85%), Vitamin B5: 0.96mg (9.63%), Vitamin D: 1.25µg (8.32%), Vitamin A: 79.65IU (1.59%)