



## My Mother's Kohlrabi

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



545 min.

SERVINGS



2

CALORIES



191 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon ground pepper black
- 2 kohlrabi bulbs peeled sliced into 1/4 inch half moons
- 0.3 teaspoon salt
- 1 ounce vegetable oil
- 1 cup vinegar
- 0.5 cup water
- 0.3 teaspoon sugar white

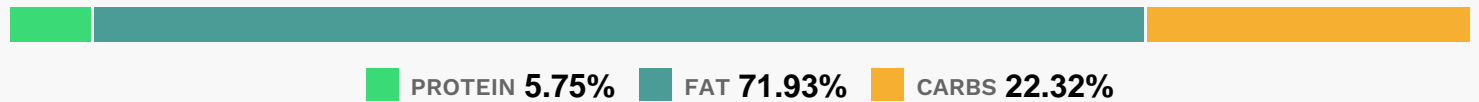
### Equipment

- bowl
- sauce pan
- whisk

## Directions

- Whisk vinegar, water, vegetable oil, sugar, salt, and pepper together in a bowl until the solids are completely dissolved into the liquid.
- Add kohlrabi to the liquid; marinate overnight to 12 hours.
- Pour into a saucepan and cook over medium heat until the kohlrabi is tender, about 25 minutes. Set aside to cool completely before eating.

## Nutrition Facts



## Properties

Glycemic Index:86.05, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:11.233043548854%

## Flavonoids

Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 191.31kcal (9.57%), Fat: 14.33g (22.05%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 4.55g (1.65%), Sugar: 4.45g (4.95%), Cholesterol: 0mg (0%), Sodium: 326.25mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Vitamin C: 93mg (112.73%), Vitamin K: 26.63µg (25.36%), Fiber: 5.46g (21.85%), Manganese: 0.31mg (15.56%), Potassium: 530.94mg (15.17%), Vitamin E: 1.88mg (12.55%), Vitamin B6: 0.23mg (11.29%), Copper: 0.21mg (10.71%), Magnesium: 30.8mg (7.7%), Phosphorus: 74.5mg (7.45%), Folate: 24.04µg (6.01%), Vitamin B1: 0.08mg (5.02%), Calcium: 46.72mg (4.67%), Iron: 0.67mg (3.71%), Vitamin B3: 0.6mg (3.01%), Vitamin B5: 0.25mg (2.51%), Selenium: 1.7µg (2.43%), Vitamin B2: 0.03mg (1.8%), Vitamin A: 55.37IU (1.11%)