



Orange-Sauerkraut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 large carrots grated



1 slices garnish: orange fresh



2 tablespoons orange juice fresh



2 teaspoons orange zest



0.5 cup raisins



16 oz sauerkraut rinsed drained



0.5 cup sugar



1 small onion sweet chopped

☐ 0.3 cup vegetable oil

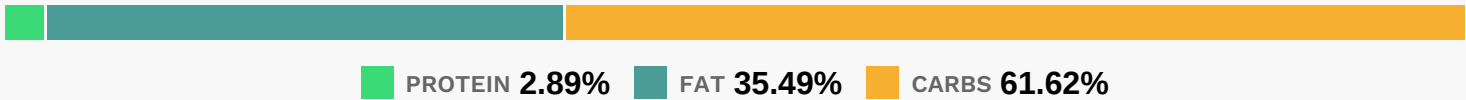
Equipment

☐ whisk

Directions

- ☐ Stir together sauerkraut and next 5 ingredients.
- ☐ Whisk together sugar and vegetable oil.
- ☐ Pour over sauerkraut mixture; stir well to combine. Cover and chill at least 4 hours or up to 2 days.
- ☐ Drain just before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:50.37, Glycemic Load:18.22, Inflammation Score:-10, Nutrition Score:10.959130530772%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 226.38kcal (11.32%), Fat: 9.43g (14.5%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 36.81g (12.27%), Net Carbohydrates: 32.49g (11.82%), Sugar: 22.58g (25.09%), Cholesterol: 0mg (0%), Sodium: 524.31mg (22.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin A: 4042.98IU (80.86%), Vitamin K: 29.87µg (28.45%), Vitamin C: 20.81mg (25.23%), Fiber: 4.32g (17.28%), Vitamin B6: 0.23mg (11.53%), Manganese: 0.22mg (11.24%), Potassium: 387.96mg (11.08%), Folate: 38.35µg (9.59%), Iron: 1.67mg (9.27%), Copper: 0.16mg

(7.8%), Vitamin E: 1.03mg (6.84%), Magnesium: 22.3mg (5.58%), Vitamin B1: 0.08mg (5.05%), Phosphorus: 48.91mg (4.89%), Calcium: 47.81mg (4.78%), Vitamin B2: 0.07mg (4.12%), Vitamin B3: 0.59mg (2.94%), Vitamin B5: 0.22mg (2.15%), Zinc: 0.3mg (2.02%), Selenium: 0.95µg (1.36%)