



Pork And Sauerkraut Dinner



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 1 small bay leaf
- ☐ 1 medium carrots sliced
- ☐ 0.3 cup chablis wine dry white
- ☐ 0.3 cup chicken broth
- ☐ 0.3 cup onion chopped
- ☐ 1.5 pound pork chops smoked ()
- ☐ 2 medium potatoes peeled quartered

- ☐ 16 ounce sauerkraut shredded drained canned
- ☐ 0.5 pound knockwurst sausages
- ☐ 1.5 teaspoons sugar
- ☐ 3 peppercorns whole
- ☐ 4 servings cheesecloth
- ☐ 4 servings cheesecloth

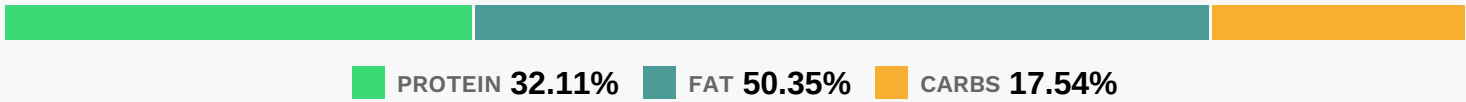
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ cheesecloth

Directions

- ☐ Cook bacon in a 9-inch cast iron skillet until crisp; drain on paper towels. Crumble and set aside, reserving 1 1/2 tablespoons drippings in skillet.
- ☐ Saut onion in drippings until tender.
- ☐ Add sauerkraut, carrot, sugar, and crumbled bacon, stirring gently until well blended.
- ☐ Combine peppercorns, clove, and bay leaf on a small amount of cheesecloth, and tie securely.
- ☐ Place cheesecloth bag in skillet, and cover completely with sauerkraut mixture.
- ☐ Pour chicken broth and wine over sauerkraut mixture; bring to a boil. Reduce heat; cover and simmer 10 minutes.
- ☐ Place potatoes, pork chops, and sausages evenly over sauerkraut. Cover and simmer 1 hour. Discard cheesecloth bag.
- ☐ To serve, place sauerkraut mixture on a warm serving platter. Arrange pork chops, sausages, and potatoes on top of sauerkraut.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:83.67, Glycemic Load:15.93, Inflammation Score:-9, Nutrition Score:37.190434414407%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 660.78kcal (33.04%), Fat: 35.92g (55.26%), Saturated Fat: 12.16g (75.99%), Carbohydrates: 28.15g (9.38%), Net Carbohydrates: 21.9g (7.96%), Sugar: 5.7g (6.33%), Cholesterol: 169.6mg (56.53%), Sodium: 1410.04mg (61.31%), Alcohol: 1.54g (100%), Alcohol %: 0.37% (100%), Protein: 51.54g (103.07%), Vitamin B1: 1.48mg (98.59%), Vitamin B6: 1.97mg (98.49%), Vitamin B3: 18.63mg (93.17%), Selenium: 61.88µg (88.39%), Phosphorus: 587.7mg (58.77%), Vitamin A: 2630.12IU (52.6%), Vitamin C: 39.7mg (48.12%), Potassium: 1537.63mg (43.93%), Zinc: 4.73mg (31.56%), Vitamin B2: 0.48mg (28.45%), Fiber: 6.25g (25.02%), Vitamin B12: 1.5µg (24.94%), Magnesium: 98.68mg (24.67%), Iron: 4.2mg (23.36%), Vitamin B5: 2.22mg (22.23%), Manganese: 0.42mg (21.1%), Copper: 0.38mg (19.03%), Vitamin K: 19.23µg (18.31%), Folate: 49.83µg (12.46%), Vitamin D: 1.51µg (10.04%), Calcium: 74.73mg (7.47%), Vitamin E: 0.7mg (4.68%)