



Quick Choucroute

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup golden delicious apple chopped 1
- ☐ 2 tablespoons horseradish prepared
- ☐ 0.1 teaspoon kosher salt
- ☐ 12 ounce beer light

- ☐ 0.8 cup onion thinly sliced 1 medium
- ☐ 1 pound center-cut loin pork chops boneless cut into 1/2-inch slices
- ☐ 2 cups sauerkraut rinsed drained
- ☐ 0.5 pound sausage smoked low-fat
- ☐ 1 tablespoon whole-grain mustard

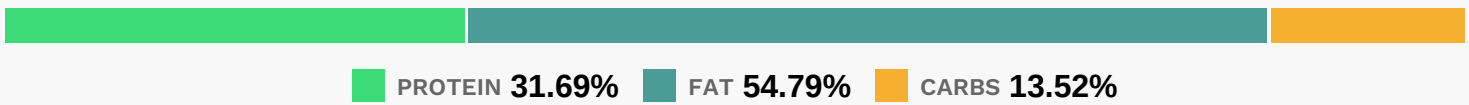
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Add pork to pan; saut 2 minutes.
- ☐ Remove pork from pan, and keep warm.
- ☐ Add apple, onion, and bay leaf to pan; cook 2 minutes or until onion is lightly browned.
- ☐ Add beer, scraping pan to loosen browned bits.
- ☐ Add sauerkraut and sausage; bring to a simmer, and cook 5 minutes. Return pork to pan; cover and cook 2 minutes or until pork is thoroughly heated. Discard bay leaf. Stir in parsley.
- ☐ Serve with horseradish and mustard.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:2.58, Inflammation Score:-7, Nutrition Score:26.308695751688%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 10.79mg, Apigenin: 10.79mg

10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 440.16kcal (22.01%), Fat: 25.33g (38.97%), Saturated Fat: 8.21g (51.3%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 10.14g (3.69%), Sugar: 6.45g (7.16%), Cholesterol: 116.23mg (38.74%), Sodium: 1158.03mg (50.35%), Alcohol: 2.64g (100%), Alcohol %: 0.82% (100%), Protein: 32.96g (65.92%), Vitamin K: 93.7µg (89.24%), Selenium: 47.38µg (67.68%), Vitamin B1: 0.95mg (63.63%), Vitamin B3: 11.5mg (57.52%), Vitamin B6: 1.11mg (55.31%), Phosphorus: 362.68mg (36.27%), Vitamin C: 21.2mg (25.7%), Vitamin B12: 1.47µg (24.57%), Potassium: 797.33mg (22.78%), Zinc: 3.3mg (22.02%), Vitamin B2: 0.36mg (21.19%), Fiber: 3.93g (15.72%), Magnesium: 60.9mg (15.23%), Iron: 2.73mg (15.17%), Vitamin B5: 1.27mg (12.65%), Manganese: 0.24mg (12.11%), Folate: 43.25µg (10.81%), Copper: 0.21mg (10.41%), Vitamin A: 460.1IU (9.2%), Vitamin D: 1.08µg (7.18%), Calcium: 59.65mg (5.97%), Vitamin E: 0.71mg (4.74%)