



Quick Sauerkraut

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

25

CALORIES

calories

16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 1.3 cups apple cider vinegar
- ☐ 1 head cabbage thinly sliced
- ☐ 1 tablespoon caraway seeds crushed toasted
- ☐ 2 tablespoons kosher salt
- ☐ 1 onion halved thinly sliced

Equipment

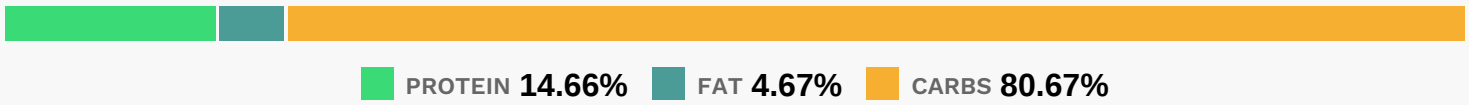
- ☐ bowl

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Mix all ingredients together in a microwave-safe bowl. Cover with a large piece of plastic wrap and seal edges. Microwave on high, 4 to 5 minutes.
- ☐ Let sit, still covered, until cabbage has absorbed its brine and bowl is cool to the touch, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:3.2260869521162%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 15.6kcal (0.78%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.02g (0.74%), Sugar: 1.7g (1.89%), Cholesterol: 0mg (0%), Sodium: 565.59mg (24.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Vitamin K: 27.62µg (26.31%), Vitamin C: 13.7mg (16.6%), Manganese: 0.1mg (5.02%), Fiber: 1.08g (4.32%), Folate: 16.48µg (4.12%), Vitamin B6: 0.05mg (2.59%), Potassium: 83.43mg (2.38%), Calcium: 18.63mg (1.86%), Vitamin B1: 0.03mg (1.72%), Magnesium: 6.19mg (1.55%), Iron: 0.25mg (1.4%), Phosphorus: 13.26mg (1.33%), Vitamin B2: 0.02mg (1.01%)