



## Red Sauerkraut

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



45 kcal

SIDE DISH

## Ingredients

- 1.5 teaspoons peppercorns black
- 2 teaspoons caraway seeds
- 1 cup carrots shredded
- 2.5 tablespoons kosher salt
- 1.5 teaspoons mustard seeds
- 7 cups cabbage shredded red (1 [2-pound] cabbage)
- 1 teaspoon sugar
- 1 cup water

- 1.8 cups vinegar white
- 0.5 teaspoon allspice whole

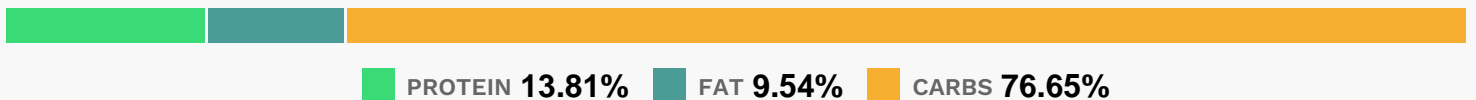
## Equipment

- bowl
- sauce pan
- colander

## Directions

- Combine first 3 ingredients in a large bowl. Weigh down cabbage with a smaller bowl filled with cans.
- Let stand at room temperature 24 hours, tossing occasionally.
- Bring vinegar and next 4 ingredients (through allspice) to a boil in a large saucepan; reduce heat, and simmer 5 minutes. Cover and let stand at room temperature 24 hours.
- Rinse cabbage thoroughly under cold water.
- Drain cabbage; squeeze dry.
- Place cabbage in large bowl.
- Strain vinegar mixture through a colander over a bowl; discard solids. Stir 1 cup water and sugar into vinegar; pour over cabbage mixture, pressing down to immerse. Cover and refrigerate 5 days. Store in an airtight container in refrigerator up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:27.32, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:9.7191305316013%

## Flavonoids

Cyanidin: 145.25mg, Cyanidin: 145.25mg, Cyanidin: 145.25mg, Cyanidin: 145.25mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg,

Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 44.51kcal (2.23%), Fat: 0.44g (0.68%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 5.63g (2.05%), Sugar: 3.83g (4.26%), Cholesterol: 0mg (0%), Sodium: 1969.21mg (85.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin A: 3155.74IU (63.11%), Vitamin C: 40.53mg (49.13%), Vitamin K: 29.55µg (28.14%), Manganese: 0.34mg (17.02%), Fiber: 2.33g (9.31%), Vitamin B6: 0.17mg (8.53%), Potassium: 237.42mg (6.78%), Calcium: 50.26mg (5.03%), Iron: 0.84mg (4.65%), Magnesium: 18.21mg (4.55%), Folate: 16.24µg (4.06%), Vitamin B1: 0.06mg (4.03%), Phosphorus: 35.86mg (3.59%), Vitamin B2: 0.06mg (3.56%), Selenium: 1.82µg (2.6%), Vitamin B3: 0.49mg (2.43%), Copper: 0.05mg (2.27%), Zinc: 0.27mg (1.77%), Vitamin B5: 0.15mg (1.55%), Vitamin E: 0.21mg (1.43%)