

Roulades with Sauerkraut (Vogelsberger Rolle)

READY IN



45 min.

SERVINGS



6

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 strips bacon thick sliced
- ☐ 2 tablespoons butter
- ☐ 1 large dill pickle
- ☐ 2 cups bread crumbs dry
- ☐ 3 eggs beaten
- ☐ 1 tablespoon olive oil
- ☐ 1.5 pounds pork loin
- ☐ 6 servings salt and pepper black to taste
- ☐ 16 ounce sauerkraut drained canned

☐ 0.3 cup german mustard stone ground

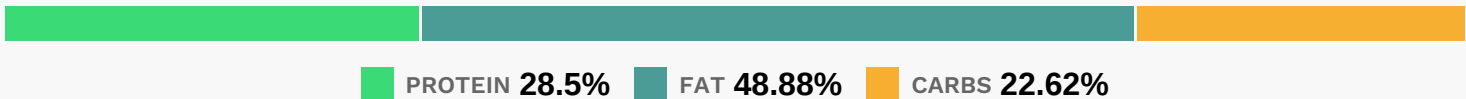
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ toothpicks
- ☐ kitchen thermometer

Directions

- ☐ Slice the pickle lengthwise into six wedges. Slice pork loin into six thin, wide pieces and lay onto a baking sheet.
- ☐ Lay a slice of bacon and a slice of dill pickle on one side of each pork loin slice. Divide the mustard and sauerkraut among the pork loin slices. Season with salt and pepper; roll up each slice tightly and secure with toothpicks. Dip each roulade in the beaten egg and then roll in bread crumbs.
- ☐ Melt the butter in a skillet over medium heat; drizzle in the olive oil. Cook each roulade until they are golden brown, and a thermometer inserted into the center registers 145 degrees F (63 degrees C), 5 to 7 minutes per side.
- ☐ Remove toothpicks before serving.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:25.939565181732%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 550.94kcal (27.55%), Fat: 29.56g (45.48%), Saturated Fat: 10.11g (63.21%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 26.28g (9.56%), Sugar: 4.1g (4.55%), Cholesterol: 187.07mg (62.36%), Sodium:

1608.12mg (69.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.79g (77.58%), Selenium: 58.5µg (83.57%), Vitamin B1: 1mg (67%), Vitamin B6: 1.15mg (57.31%), Vitamin B3: 10.56mg (52.8%), Phosphorus: 440.99mg (44.1%), Vitamin B2: 0.52mg (30.87%), Manganese: 0.52mg (25.87%), Iron: 4.23mg (23.49%), Zinc: 3.51mg (23.41%), Potassium: 766.77mg (21.91%), Vitamin B12: 1.09µg (18.13%), Fiber: 4.48g (17.93%), Folate: 69.67µg (17.42%), Magnesium: 68.4mg (17.1%), Vitamin K: 17.94µg (17.08%), Vitamin B5: 1.7mg (16.98%), Vitamin C: 11.63mg (14.09%), Copper: 0.27mg (13.74%), Calcium: 128.3mg (12.83%), Vitamin E: 1.18mg (7.84%), Vitamin D: 1.04µg (6.92%), Vitamin A: 310.89IU (6.22%)