



Sandy's Sweet Slow Cooker Sauerkraut



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup apples chopped
- ☐ 0.8 cup brown sugar
- ☐ 1 teaspoon caraway seeds
- ☐ 0.8 cup carrots diced
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 quart sauerkraut drained and rinsed
- ☐ 0.5 onion sweet minced
- ☐ 1.5 cups water

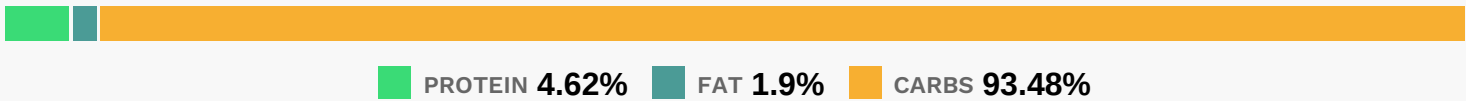
Equipment

☐ slow cooker

Directions

☐ Place sauerkraut, water, carrot, brown sugar, apple, sweet onion, caraway seeds, salt, and black pepper in a slow cooker. Cook on Low for about 7 hours; add kielbasa. Cook for one more hour.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:1.3, Inflammation Score:-8, Nutrition Score:8.1847826190617%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 118.89kcal (5.94%), Fat: 0.27g (0.41%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 25.31g (9.2%), Sugar: 24.8g (27.56%), Cholesterol: 0mg (0%), Sodium: 800.02mg (34.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin A: 2033.3IU (40.67%), Vitamin C: 19.62mg (23.78%), Fiber: 4.32g (17.29%), Vitamin K: 17.42µg (16.59%), Manganese: 0.24mg (12.22%), Iron: 2.04mg (11.32%), Vitamin B6: 0.21mg (10.56%), Folate: 35.99µg (9%), Potassium: 307.4mg (8.78%), Copper: 0.15mg (7.69%), Calcium: 64.83mg (6.48%), Magnesium: 22.32mg (5.58%), Phosphorus: 36.99mg (3.7%), Vitamin B1: 0.04mg (2.94%), Vitamin B2: 0.04mg (2.41%), Zinc: 0.31mg (2.07%), Vitamin B5: 0.2mg (1.98%), Vitamin E: 0.28mg (1.83%), Vitamin B3: 0.36mg (1.78%), Selenium: 1.11µg (1.58%)