



Sassy Sauerkraut Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



495 min.

SERVINGS



18

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup celery chopped
- 0.5 cup bell peppers green chopped
- 1 cup splenda® no calorie sweetener
- 1 small onion chopped
- 0.5 cup bell peppers red chopped
- 20 ounce sauerkraut drained canned
- 0.8 cup vinegar white

Equipment

bowl

Directions

In a medium bowl, mix together the sauerkraut, green peppers, red peppers, celery, onion, vinegar and SPLENDA® Granulated Sweetener. Refrigerate 8 hours or overnight before serving.

Nutrition Facts

PROTEIN 3.28% **FAT 1.25%** **CARBS 95.47%**

Properties

Glycemic Index:12.94, Glycemic Load:5.36, Inflammation Score:-2, Nutrition Score:2.4008695807146%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 49.08kcal (2.45%), Fat: 0.07g (0.11%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.19g (4.07%), Sugar: 9.96g (11.07%), Cholesterol: 0mg (0%), Sodium: 211.11mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Vitamin C: 13.63mg (16.52%), Vitamin K: 5.44µg (5.18%), Fiber: 1.18g (4.73%), Manganese: 0.07mg (3.55%), Vitamin B6: 0.07mg (3.45%), Vitamin A: 163.25IU (3.26%), Folate: 11.63µg (2.91%), Iron: 0.51mg (2.84%), Potassium: 83.15mg (2.38%), Copper: 0.04mg (1.84%), Magnesium: 5.81mg (1.45%), Calcium: 12.81mg (1.28%), Phosphorus: 10.43mg (1.04%)