



Sauerkraut a la France

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

Ingredients

- 0.5 cube beef bouillon from cube crumbled
- 1 teaspoon caraway seed
- 1 teaspoon marjoram dried
- 1 clove garlic chopped
- 1 teaspoon ground paprika
- 0.3 cup butter
- 1 onion chopped
- 0.5 pound pork tenderloin cut into thin strips

- 1 bell pepper red chopped
- 16 ounce sauerkraut
- 6 ounce tomato paste canned
- 1 cup water

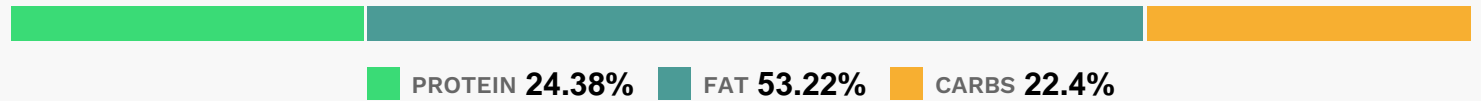
Equipment

- frying pan

Directions

- Heat the margarine in a skillet over medium heat, and saute the onion, red bell pepper, and garlic until tender. Season with paprika, caraway seed, and marjoram.
- Place pork strips into the skillet, and cook 5 minutes, until lightly browned. Stir in water and tomato paste, and sprinkle in the bouillon. Continue cooking 10 minutes.
- Mix sauerkraut into the skillet, and continue cooking 10 minutes, until pork is done and sauerkraut is heated through.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:2.4, Inflammation Score:-9, Nutrition Score:19.955652252488%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 228.23kcal (11.41%), Fat: 13.96g (21.48%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 7.65g (2.78%), Sugar: 6.37g (7.08%), Cholesterol: 36.85mg (12.28%), Sodium: 976.64mg (42.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.78%), Vitamin C: 61.08mg (74.04%), Vitamin B1: 0.65mg (43.18%), Vitamin B6: 0.79mg (39.4%), Vitamin A: 1802.65IU (36.05%), Selenium: 18.49µg (26.41%), Vitamin

B3: 4.83mg (24.17%), Fiber: 5.58g (22.32%), Phosphorus: 198.74mg (19.87%), Potassium: 670.89mg (19.17%), Vitamin K: 19.13µg (18.22%), Manganese: 0.35mg (17.71%), Iron: 3.18mg (17.65%), Vitamin B2: 0.29mg (16.77%), Copper: 0.27mg (13.65%), Folate: 52.19µg (13.05%), Vitamin E: 1.89mg (12.6%), Magnesium: 48.36mg (12.09%), Zinc: 1.58mg (10.51%), Vitamin B5: 0.86mg (8.55%), Calcium: 72.79mg (7.28%), Vitamin B12: 0.31µg (5.16%), Vitamin D: 0.17µg (1.13%)