



Sauerkraut Casserole



Gluten Free



Dairy Free



Low Fod Map

READY IN



145 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices bacon diced
- 1 tablespoon ground pepper black
- 1 pound sauerkraut
- 14 ounces tomatoes coarsely chopped
- 1 cup sugar white

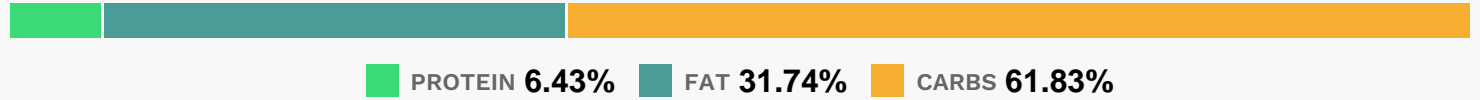
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Combine sauerkraut, tomatoes, sugar, bacon, and black pepper in a 9x13 inch casserole dish.
- Bake in a preheated 325 degrees F (165 degrees C) oven for 2 hours and 15 minutes. When finished cooking it should be bubbly around the edges and caramelized on top.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:18.3, Inflammation Score:-4, Nutrition Score:5.7252173760663%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 186.64kcal (9.33%), Fat: 6.83g (10.51%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 27.52g (10.01%), Sugar: 27.27g (30.3%), Cholesterol: 10.89mg (3.63%), Sodium: 486.89mg (21.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.23%), Vitamin C: 15.13mg (18.34%), Manganese: 0.24mg (12.03%), Vitamin K: 12.52µg (11.92%), Fiber: 2.43g (9.72%), Vitamin A: 433.68IU (8.67%), Vitamin B6: 0.16mg (7.97%), Potassium: 257.11mg (7.35%), Iron: 1.12mg (6.22%), Selenium: 3.84µg (5.49%), Folate: 21.18µg (5.29%), Vitamin B3: 1.05mg (5.24%), Copper: 0.1mg (5.12%), Vitamin B1: 0.08mg (5.11%), Phosphorus: 48.19mg (4.82%), Magnesium: 16.09mg (4.02%), Vitamin E: 0.43mg (2.84%), Zinc: 0.4mg (2.65%), Calcium: 26.37mg (2.64%), Vitamin B2: 0.04mg (2.43%), Vitamin B5: 0.2mg (1.99%), Vitamin B12: 0.08µg (1.38%)