



Sauerkraut for Canning



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



150 min.

SERVINGS



36

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



50 pounds cabbage



1 pound canning salt

Equipment



bowl



knife



wooden spoon

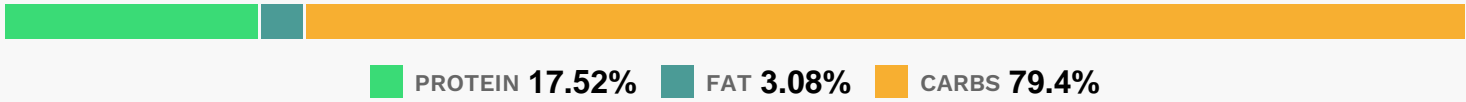


cheesecloth

Directions

- ☐ Remove outer leaves and any undesirable portions from firm mature heads of cabbage; wash and drain.
- ☐ Cut into halves or quarters; remove core. Use a shredder or sharp knife to cut cabbage into thin shreds about the thickness of a dime.
- ☐ In a large bowl, thoroughly mix 3 tablespoons salt with 5 lbs. shredded cabbage.
- ☐ Let salted cabbage stand for several minutes to wilt slightly; this allows packing without excessive breaking or bruising of the shreds.
- ☐ Pack salted cabbage firmly and evenly into a large, clean pickling container. Using a wooden spoon, tapper or hands, press down firmly until the juice comes to the surface.
- ☐ Repeat shredding, salting and packing of cabbage until the container is filled to within 3 to 4 inches of the top. If juice does not cover cabbage, add brine: 1 1/2 tablespoons salt to 1 quart water; bring brine to a boil; cool.
- ☐ Cover cabbage with muslin or cheesecloth and tuck edges down against the inside of the container. Weight down cabbage under brine. Formation of gas bubbles indicates fermentation is taking place.
- ☐ Remove and discard scum formation each day. A room temperature of 70 degrees to 75 degrees F is best for fermenting cabbage. Fermentation is usually complete in 3 to 6 weeks.
- ☐ TO CAN: Bring sauerkraut to a simmer (185 to 210degrees F). Do not boil. Pack hot cabbage into hot jars, leaving 1/2 inch headspace.
- ☐ Remove air bubbles. Adjust caps. Process pints 15 minutes, quarts 20 minutes, in a boiling water canner.

Nutrition Facts



Properties

Glycemic Index:1.22, Glycemic Load:9.15, Inflammation Score:-9, Nutrition Score:27.186086996742%

Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg

Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 157.5kcal (7.87%), Fat: 0.63g (0.97%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 20.79g (7.56%), Sugar: 20.16g (22.4%), Cholesterol: 0mg (0%), Sodium: 4996.82mg (217.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.13%), Vitamin K: 478.79µg (455.99%), Vitamin C: 230.58mg (279.49%), Folate: 270.9µg (67.72%), Fiber: 15.75g (63%), Manganese: 1.02mg (51.03%), Vitamin B6: 0.78mg (39.06%), Potassium: 1071.99mg (30.63%), Vitamin B1: 0.38mg (25.62%), Calcium: 255.02mg (25.5%), Magnesium: 75.72mg (18.93%), Iron: 3mg (16.68%), Phosphorus: 163.8mg (16.38%), Vitamin B2: 0.25mg (14.82%), Vitamin B5: 1.34mg (13.36%), Vitamin A: 617.39IU (12.35%), Zinc: 1.15mg (7.64%), Vitamin B3: 1.47mg (7.37%), Vitamin E: 0.94mg (6.3%), Copper: 0.12mg (6.17%), Selenium: 1.9µg (2.72%)