

Sauerkraut Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

820 min.

SERVINGS

servings

4

CALORIES

calories

255 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon caraway seeds
- ☐ 1 cup celery chopped
- ☐ 0.3 cup cider vinegar
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup onion chopped
- ☐ 2 ounces pimento
- ☐ 20 ounce sauerkraut canned
- ☐ 1 cup sugar white

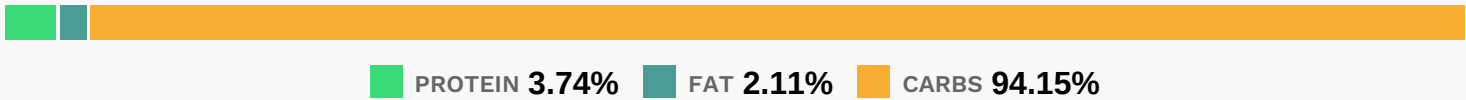
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan combine the salt, vinegar, caraway seeds and sugar. Bring to a boil over medium heat. Stir in the sauerkraut, onion, celery, pepper and pimento.
- ☐ Remove from heat and let marinate overnight before serving.

Nutrition Facts



Properties

Glycemic Index:64.02, Glycemic Load:36.88, Inflammation Score:-7, Nutrition Score:12.591738949651%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

Nutrients (% of daily need)

Calories: 255.19kcal (12.76%), Fat: 0.63g (0.97%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 63.35g (21.12%), Net Carbohydrates: 57.01g (20.73%), Sugar: 55.88g (62.09%), Cholesterol: 0mg (0%), Sodium: 963.61mg (41.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin C: 69.38mg (84.09%), Vitamin K: 30.19µg (28.75%), Fiber: 6.34g (25.38%), Manganese: 0.4mg (19.79%), Vitamin B6: 0.37mg (18.67%), Iron: 2.77mg (15.4%), Folate: 55.48µg (13.87%), Potassium: 476.23mg (13.61%), Vitamin A: 655.67IU (13.11%), Copper: 0.2mg (10.14%), Magnesium: 31.96mg (7.99%), Calcium: 71.53mg (7.15%), Phosphorus: 60.47mg (6.05%), Vitamin B1: 0.08mg (5.31%), Vitamin B2: 0.09mg (5.21%), Vitamin E: 0.54mg (3.63%), Zinc: 0.49mg (3.26%), Vitamin B3: 0.63mg (3.17%), Vitamin B5: 0.28mg (2.81%), Selenium: 1.56µg (2.22%)