

Sauerkraut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 0.5 cup cider vinegar
- ☐ 1 bell pepper green chopped
- ☐ 1 teaspoon mustard seed
- ☐ 1 onion chopped
- ☐ 4 ounce pimento peppers diced drained
- ☐ 1 quart sauerkraut drained

- ☐ 1 cup vegetable oil
- ☐ 1.5 cups sugar white

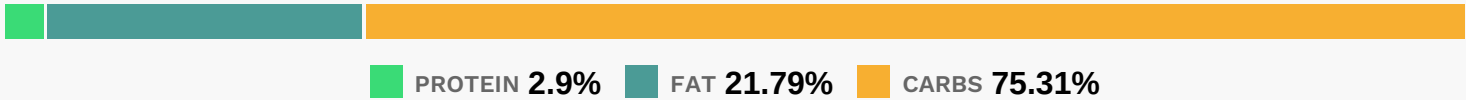
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large bowl, mix together sauerkraut, onion, celery, green bell pepper, carrot, pimientos, and mustard seed. Set aside this mixture.
- ☐ In a small saucepan, mix together sugar, oil, and vinegar. Bring to a boil.
- ☐ Remove from heat.
- ☐ Pour sugar mixture over salad, cover, and leave it in the refrigerator for 2 days before serving.

Nutrition Facts



Properties

Glycemic Index:50.49, Glycemic Load:36.89, Inflammation Score:-9, Nutrition Score:14.550434890001%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 316.81kcal (15.84%), Fat: 8g (12.31%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 62.23g (20.74%), Net Carbohydrates: 55.97g (20.35%), Sugar: 55.45g (61.61%), Cholesterol: 0mg (0%), Sodium: 1067.61mg (46.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.79%), Vitamin C: 61.3mg (74.3%), Vitamin A: 2668.67IU (53.37%), Vitamin K: 42.85µg (40.81%), Fiber: 6.27g (25.07%), Manganese: 0.4mg (19.91%), Vitamin B6: 0.35mg (17.48%), Iron: 2.99mg (16.6%), Folate: 52.53µg (13.13%), Potassium: 458.38mg (13.1%), Copper: 0.2mg (10.07%), Vitamin E: 1.19mg (7.94%), Magnesium: 31.4mg (7.85%), Calcium: 67.36mg (6.74%), Phosphorus: 57.93mg (5.79%), Vitamin B2: 0.08mg (4.96%), Vitamin B1: 0.07mg (4.77%), Selenium: 2.5µg (3.57%), Vitamin B3: 0.67mg (3.34%),

Zinc: 0.49mg (3.26%), Vitamin B5: 0.26mg (2.6%)