

Sauerkraut Soup I

 Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



198 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup barley
- 5 tablespoons butter
- 5 tablespoons flour all-purpose
- 0.3 cup mushrooms dried
- 1 onion diced finely
- 6 servings salt and pepper to taste
- 32 ounce sauerkraut with juice
- 1.5 cups water boiling

1.5 quarts water

Equipment

food processor

dutch oven

Directions

Steep mushrooms in 1 1/2 cups of boiling water until they are soft and you can chop them (I use a food processor). Save the water to add to the soup. It gives it a nice rich color.

Put sauerkraut, sauerkraut juice, and 1 1/2 quarts water in soup pot (5-quart Dutch oven is fine). Bring to a boil, add chopped mushrooms and mushroom water. Turn down heat and simmer for one hour.

Add barley (make sure you rinse it first), cook until barley is done.

In the meantime, melt the butter and saute onions until they're soft.

Add the flour to the onion mixture to thicken.

Add some of the boiling liquid from your soup to the onion mixture and when smooth add to soup.

Add salt and pepper to taste. If soup is too thick for your taste, add a little more sauerkraut juice mixed with water. Enjoy.

Nutrition Facts



PROTEIN 8.53% **FAT 44.16%** **CARBS 47.31%**

Properties

Glycemic Index:42, Glycemic Load:7.64, Inflammation Score:-6, Nutrition Score:11.697391372984%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 197.91kcal (9.9%), Fat: 10.12g (15.57%), Saturated Fat: 6.14g (38.39%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 16.83g (6.12%), Sugar: 3.72g (4.13%), Cholesterol: 25.08mg (8.36%), Sodium: 1285.97mg (55.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Fiber: 7.57g (30.28%), Manganese: 0.6mg (29.78%), Vitamin C: 23.69mg (28.72%), Vitamin K: 20.9µg (19.91%), Iron: 3.13mg (17.41%), Copper: 0.3mg (15.1%), Folate: 55.38µg (13.84%), Vitamin B6: 0.28mg (13.8%), Selenium: 9.51µg (13.59%), Vitamin B1: 0.19mg (12.88%), Magnesium: 46.93mg (11.73%), Potassium: 379.6mg (10.85%), Phosphorus: 90.17mg (9.02%), Vitamin B2: 0.14mg (8.13%), Vitamin B3: 1.51mg (7.55%), Calcium: 67.53mg (6.75%), Vitamin A: 322.51IU (6.45%), Zinc: 0.86mg (5.7%), Vitamin E: 0.58mg (3.85%), Vitamin B5: 0.33mg (3.26%)