

Sauerkraut Soup II

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce carrots drained canned
- 4 cups chicken broth
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 1 teaspoon dill weed dried
- 1 teaspoon garlic minced
- 1 onion diced finely
- 15 ounce potatoes drained sliced canned

- 6 servings salt and pepper to taste
- 0.5 pound sauerkraut
- 1 pound sausage smoked sliced
- 2.5 cups water

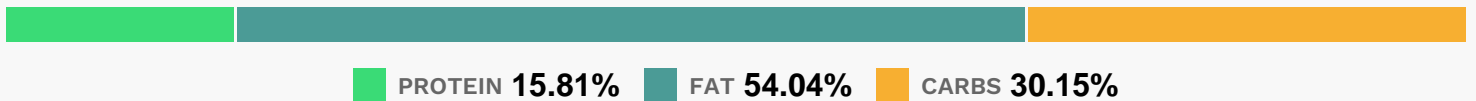
Equipment

- slow cooker

Directions

- In a 4 to 6 quart slow cooker, blend the cream of mushroom soup, cream of chicken soup, water, and chicken broth. Stir in sauerkraut, onion, carrots, potatoes, and sausage. Season with dill and garlic.
- Cover, and cook on High for 4 hours, or Low for up to 8 hours. Taste, and season with salt and pepper to your liking.

Nutrition Facts



Properties

Glycemic Index:43.76, Glycemic Load:13.47, Inflammation Score:-10, Nutrition Score:21.213043420211%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 412.96kcal (20.65%), Fat: 24.87g (38.27%), Saturated Fat: 8.51g (53.22%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 26.14g (9.5%), Sugar: 6.32g (7.02%), Cholesterol: 63.41mg (21.14%), Sodium: 2441.89mg (106.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.75%), Vitamin A: 11954.14IU (239.08%), Vitamin C: 25.35mg (30.72%), Manganese: 0.59mg (29.65%), Vitamin B6: 0.54mg (26.8%), Potassium: 883.73mg (25.25%), Vitamin B3: 4.97mg (24.83%), Vitamin B1: 0.37mg (24.52%), Vitamin B12: 1.25µg (20.9%), Vitamin B2: 0.35mg (20.76%), Fiber: 5.09g (20.35%), Copper: 0.41mg (20.28%), Phosphorus: 197.38mg (19.74%), Zinc: 2.91mg

(19.41%), Iron: 3.21mg (17.84%), Selenium: 12.17µg (17.38%), Vitamin K: 17.78µg (16.93%), Magnesium: 49.65mg (12.41%), Folate: 44.97µg (11.24%), Vitamin B5: 1mg (10.05%), Calcium: 75.11mg (7.51%), Vitamin E: 0.87mg (5.79%), Vitamin D: 0.83µg (5.54%)