



## Sauerkraut with Apples



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoons t brown sugar dark packed
- ☐ 1 cup wine dry white
- ☐ 1 large onion thinly sliced
- ☐ 2 delicious apples red thinly sliced
- ☐ 4 pounds sauerkraut rinsed drained
- ☐ 2 tablespoons butter unsalted

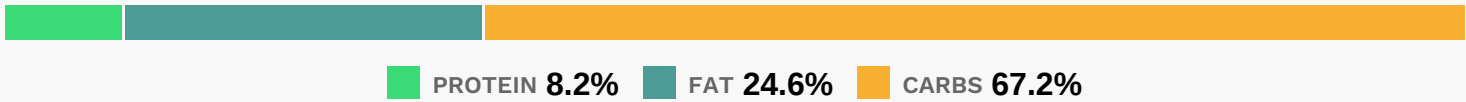
## Equipment

- ☐ pot

# Directions

- ☐ Cook onion in butter in a 4-to 5-quart heavy pot over medium-high heat, stirring occasionally, until golden, about 6 minutes. Stir in sauerkraut, apples, and wine and bring to a simmer.
- ☐ Cover pot and reduce heat, then simmer, stirring occasionally, until sauerkraut is very tender, about 2 hours.
- ☐ Stir in 1 tablespoon brown sugar and 1/2 teaspoon each of salt and pepper.
- ☐ Add more brown sugar, salt, and pepper to taste.
- ☐ Josmeyer Les Folastries
- ☐ Gewürztraminer '05
- ☐ Sauerkraut with apples can be made 3 days ahead and chilled. Reheat before serving.

## Nutrition Facts



## Properties

Glycemic Index:13.25, Glycemic Load:3.17, Inflammation Score:-6, Nutrition Score:11.056956620644%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.59mg, Epicatechin: 3.59mg, Epicatechin: 3.59mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

## Nutrients (% of daily need)

Calories: 129.65kcal (6.48%), Fat: 3.25g (5%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 12g (4.36%), Sugar: 11.31g (12.57%), Cholesterol: 7.53mg (2.51%), Sodium: 1502.63mg (65.33%), Alcohol: 3.09g (100%), Alcohol %: 1.2% (100%), Protein: 2.44g (4.88%), Vitamin C: 36.82mg (44.63%), Fiber: 7.99g (31.95%), Vitamin K: 30.92µg (29.45%), Manganese: 0.42mg (20.94%), Iron: 3.52mg (19.56%), Vitamin B6: 0.35mg (17.59%), Folate: 59.78µg (14.94%), Potassium: 485.75mg (13.88%), Copper: 0.24mg (11.99%), Magnesium: 36.84mg (9.21%), Calcium: 79.87mg (7.99%), Phosphorus: 62.1mg (6.21%), Vitamin B1: 0.07mg (4.38%), Vitamin B2: 0.07mg (4.26%), Zinc: 0.52mg (3.47%), Vitamin E: 0.48mg (3.23%), Vitamin A: 153.23IU (3.06%), Vitamin B5: 0.28mg (2.81%), Selenium: 1.54µg (2.2%), Vitamin B3: 0.42mg (2.11%)