



Sauerkraut with Gin and Caraway



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



8

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter unsalted diced chilled ()
- ☐ 1 teaspoon caraway seeds
- ☐ 1.5 cups hendrick's gin dry (such as Gordon's, Beefeater, Tanqueray, or Plymouth)
- ☐ 2 pound sauerkraut drained

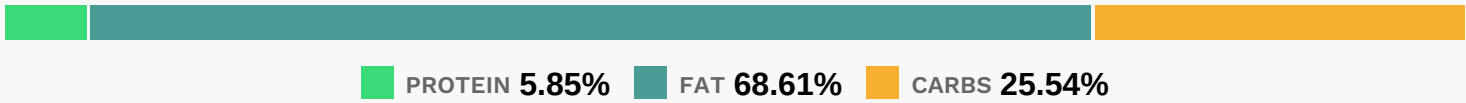
Equipment

- ☐ sauce pan

Directions

- ☐ Combine sauerkraut, gin, and carawayseeds in heavy large saucepan. Bring to simmer over medium heat. Reduce heat to medium-low and simmer gently, uncovered, until gin is reduced by slightly more than half, stirring occasionally (sauerkraut will still be crunchy and gin and caraway flavors will be absorbed), about 30 minutes.
- ☐ Add butter and stir until melted.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:5.1760870017435%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 177.19kcal (8.86%), Fat: 5.95g (9.15%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 1.6g (0.58%), Sugar: 2.02g (2.25%), Cholesterol: 15.25mg (5.08%), Sodium: 750.83mg (32.64%), Alcohol: 15.03g (100%), Alcohol %: 11.49% (100%), Protein: 1.14g (2.28%), Vitamin C: 16.72mg (20.27%), Vitamin K: 15.24µg (14.51%), Fiber: 3.38g (13.53%), Iron: 1.73mg (9.59%), Manganese: 0.18mg (9.14%), Vitamin B6: 0.15mg (7.45%), Folate: 27.45µg (6.86%), Copper: 0.12mg (6.09%), Potassium: 198.76mg (5.68%), Vitamin A: 198.59IU (3.97%), Magnesium: 15.53mg (3.88%), Calcium: 37.44mg (3.74%), Phosphorus: 27.6mg (2.76%), Vitamin E: 0.33mg (2.2%), Vitamin B1: 0.03mg (1.86%), Vitamin B2: 0.03mg (1.77%), Zinc: 0.25mg (1.69%), Vitamin B5: 0.11mg (1.13%), Selenium: 0.78µg (1.12%)