



Sauerkraut with Pigtails

READY IN



150 min.

SERVINGS



8

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 tablespoon caraway seeds
- ☐ 70 ounce chicken broth canned
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon butter melted 1 stick
- ☐ 1 cup milk
- ☐ 2.3 cups potato flakes instant mashed
- ☐ 8 servings salt and pepper to taste

- ☐ 4 pounds sauerkraut rinsed drained
- ☐ 2.3 cups water

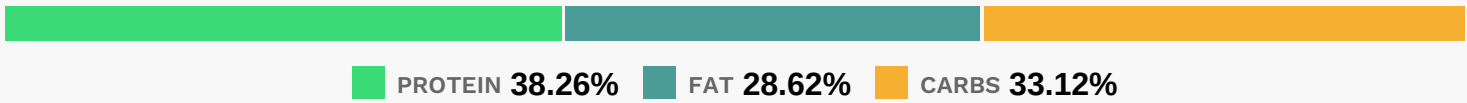
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Pour the sauerkraut into a slow cooker with one can of the chicken broth and the caraway seeds. Cover, and cook on Low for 2 hours.
- ☐ Pour the remaining cans of chicken broth into a large pot, and bring to a rapid boil.
- ☐ In another saucepan, bring water, milk and margarine to a boil.
- ☐ Mix in instant potato flaked until well blended, remove from heat, and stir in the eggs, baking powder, and enough flour so that the dough is firm but not sticky.
- ☐ Pour the remaining cans of chicken broth into a large pot, and bring to a rapid boil. Pinch off pieces of the potato dough, and roll them into long thin dumplings (like pigtails). Drop the tails into the boiling chicken broth, and cook for 15 to 20 minutes.
- ☐ Strain the dumplings from the broth, and add them to the sauerkraut in the slow cooker. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:27.8, Inflammation Score:-8, Nutrition Score:36.08826100308%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 782.27kcal (39.11%), Fat: 24.48g (37.66%), Saturated Fat: 6.97g (43.55%), Carbohydrates: 63.72g (21.24%),
Net Carbohydrates: 54.47g (19.81%), Sugar: 6.24g (6.94%), Cholesterol: 168.61mg (56.2%), Sodium: 3113.21mg
(135.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.62g (147.25%), Selenium: 69.21µg (98.87%),
Phosphorus: 591.95mg (59.2%), Vitamin C: 47.17mg (57.17%), Iron: 9.42mg (52.33%), Vitamin B3: 10.17mg (50.85%),
Zinc: 7.39mg (49.29%), Vitamin B6: 0.95mg (47.66%), Vitamin B12: 2.74µg (45.75%), Vitamin B1: 0.61mg (40.46%),
Folate: 158.2µg (39.55%), Vitamin B2: 0.64mg (37.88%), Fiber: 9.24g (36.98%), Manganese: 0.7mg (35.2%), Vitamin
K: 36.92µg (35.16%), Potassium: 1072.66mg (30.65%), Magnesium: 106.11mg (26.53%), Calcium: 253.98mg (25.4%),
Copper: 0.46mg (23.12%), Vitamin A: 655.87IU (13.12%), Vitamin B5: 1.05mg (10.51%), Vitamin E: 1.35mg (8.99%),
Vitamin D: 0.8µg (5.36%)