



Sausage and Kraut

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



625 kcal

SIDE DISH

Ingredients

- 1 apples grated
- 12 ounces mild chicken sausage cut into 2-inch pieces
- 1 teaspoon coriander seeds crushed
- 1 cup cooking wine dry white
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic smashed
- 1 teaspoon juniper berries crushed (available in the spice aisle)
- 4 servings kosher salt and pepper freshly ground

- 1 large onion chopped
- 6 ounce pork chop smoked boneless trimmed sliced
- 8 small red-skinned potatoes halved
- 1 pound sauerkraut rinsed
- 1 tablespoon vegetable oil
- 4 servings whole-grain mustard for serving

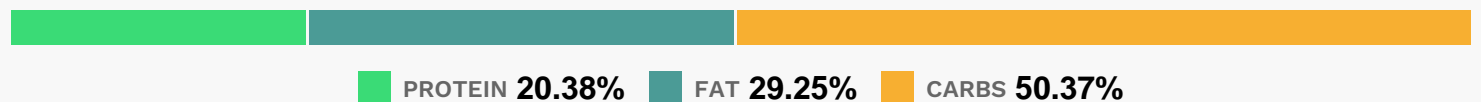
Equipment

- bowl
- sauce pan
- pot

Directions

- Soak the sauerkraut in a bowl of warm water. Cover the potatoes with water in a small saucepan and simmer over medium heat until tender, about 10 minutes.
- Drain and keep warm.
- Meanwhile, heat the vegetable oil in a large pot over medium-high heat. Prick the sausages with a fork and add to the pot along with the pork; cook until browned on one side, about 4 minutes. Turn the meats and add the onion, garlic, coriander, juniper berries, and salt and pepper to taste. Cook until the onion is golden brown, about 6 minutes.
- Add the apple and cook 2 more minutes.
- Drain the sauerkraut, then add to the pot along with the wine and 1 cup water. Cover and simmer 10 minutes, then uncover and cook until thickened, about 5 more minutes.
- Transfer the sauerkraut, meats and potatoes to a platter. Top with the parsley and serve with mustard.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:3.34, Inflammation Score:-8, Nutrition Score:29.111304516378%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg

Nutrients (% of daily need)

Calories: 624.62kcal (31.23%), Fat: 19.57g (30.11%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 75.83g (25.28%), Net Carbohydrates: 64.51g (23.46%), Sugar: 14.43g (16.03%), Cholesterol: 88.54mg (29.51%), Sodium: 1956.51mg (85.07%), Alcohol: 6.18g (100%), Alcohol %: 1.06% (100%), Protein: 30.69g (61.37%), Vitamin C: 55.22mg (66.93%), Vitamin K: 65.15µg (62.04%), Potassium: 2075.4mg (59.3%), Vitamin B6: 1.15mg (57.58%), Fiber: 11.32g (45.28%), Manganese: 0.85mg (42.36%), Vitamin B1: 0.63mg (41.75%), Vitamin B3: 7.69mg (38.45%), Phosphorus: 363.76mg (36.38%), Copper: 0.63mg (31.69%), Iron: 5.69mg (31.63%), Magnesium: 118.05mg (29.51%), Selenium: 18.75µg (26.79%), Folate: 100.94µg (25.24%), Zinc: 2.25mg (14.97%), Vitamin B5: 1.5mg (14.96%), Vitamin B2: 0.25mg (14.61%), Vitamin A: 543.62IU (10.87%), Calcium: 100.04mg (10%), Vitamin E: 0.65mg (4.33%), Vitamin B12: 0.23µg (3.76%), Vitamin D: 0.17µg (1.13%)