

Try It You'll Like It Kraut Casserole



Gluten Free



Dairy Free

READY IN



185 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon caraway seed
- ☐ 1 pound carrots peeled cut into large chunks
- ☐ 1 pound pork ribs country style
- ☐ 1 medium apples diced red cored
- ☐ 8 servings salt and pepper to taste
- ☐ 1 pound sauerkraut drained
- ☐ 0.5 cup water

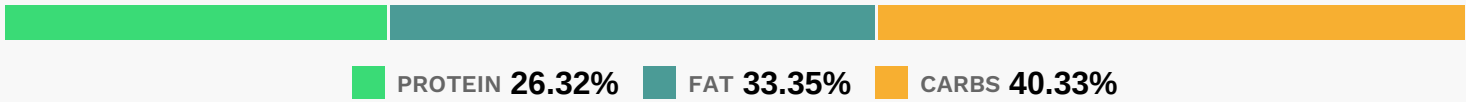
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Season ribs with salt and pepper.
- ☐ Heat 1 teaspoon oil in a large skillet over medium high heat. Cook ribs, turning occasionally, until well browned on all sides.
- ☐ Add wine (if using), water, caraway seeds, and brown sugar; stir to dissolve sugar. Stir in drained sauerkraut, apple, and carrots, and transfer to a large casserole dish.
- ☐ Bake, covered, in the preheated oven for 2 1/2 hours, adding water as needed to prevent drying out.

Nutrition Facts



Properties

Glycemic Index:13.85, Glycemic Load:2.88, Inflammation Score:-10, Nutrition Score:13.346086895984%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 123.7kcal (6.19%), Fat: 4.72g (7.26%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 8.78g (3.19%), Sugar: 7.52g (8.36%), Cholesterol: 27.27mg (9.09%), Sodium: 632.43mg (27.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.76%), Vitamin A: 9500.3IU (190.01%), Vitamin B6: 0.36mg (18.16%), Selenium: 12.41µg (17.73%), Fiber: 4.06g (16.25%), Vitamin C: 12.88mg (15.62%), Vitamin K: 15.36µg (14.62%), Vitamin B1: 0.19mg (12.95%), Potassium: 431.53mg (12.33%), Phosphorus: 109.14mg (10.91%), Manganese: 0.19mg (9.5%), Vitamin B3: 1.82mg (9.12%), Zinc: 1.32mg (8.81%), Vitamin B2: 0.15mg (8.67%), Iron: 1.48mg (8.21%), Vitamin B5: 0.82mg (8.16%), Magnesium: 25.27mg (6.32%), Folate: 25.15µg (6.29%), Copper: 0.12mg (6.24%), Vitamin B12: 0.37µg (6.14%), Calcium: 52.17mg (5.22%), Vitamin E: 0.6mg (3.99%), Vitamin D: 0.26µg (1.72%)