

Try It You'll Like It Kraut Casserole



Gluten Free



Dairy Free

READY IN



185 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon caraway seed
- ☐ 1 pound carrots peeled cut into large chunks
- ☐ 0.3 cup cooking wine dry white
- ☐ 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

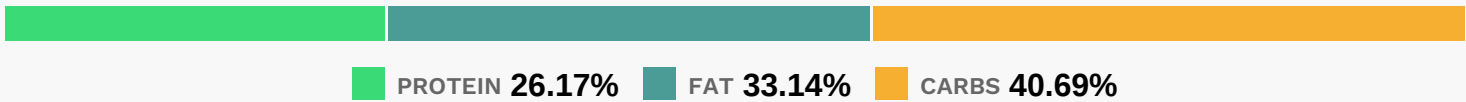
Equipment

- ☐ 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:15.73, Glycemic Load:2.91, Inflammation Score:-10, Nutrition Score:13.414782544841%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg 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: 129.85kcal (6.49%), Fat: 4.72g (7.26%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 8.98g (3.26%), Sugar: 7.59g (8.44%), Cholesterol: 27.27mg (9.09%), Sodium: 632.8mg (27.51%), Alcohol: 0.77g (100%), Alcohol %: 0.49% (100%), Protein: 8.39g (16.77%), Vitamin A: 9500.3IU (190.01%), Vitamin B6: 0.37mg (18.35%), Selenium: 12.42µg (17.74%), Fiber: 4.06g (16.25%), Vitamin C: 12.88mg (15.62%), Vitamin K: 15.39µg (14.65%), Vitamin B1: 0.19mg (12.98%), Potassium: 436.86mg (12.48%), Phosphorus: 110.49mg (11.05%), Manganese: 0.2mg (9.93%), Vitamin B3: 1.83mg (9.16%), Zinc: 1.33mg (8.87%), Vitamin B2: 0.15mg (8.73%), Iron: 1.5mg (8.32%), Vitamin B5: 0.82mg (8.2%), Magnesium: 26.02mg (6.51%), Folate: 25.23µg (6.31%), Copper: 0.13mg (6.26%), Vitamin B12: 0.37µg (6.14%), Calcium: 52.84mg (5.28%), Vitamin E: 0.6mg (3.99%), Vitamin D: 0.26µg (1.72%)