



Turnip Kraut: Brovada

 Dairy Free

READY IN



78 min.

SERVINGS



4

CALORIES



524 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon caraway seeds
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cloves garlic peeled chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings pork shank stinco
- ☐ 2 pounds grapes red chopped
- ☐ 4 cups red wine vinegar
- ☐ 4 tablespoons salt

- ☐ 4 tablespoons sugar
- ☐ 4 pounds turnips peeled cut into 1/4-inch batons
- ☐ 8 cups water
- ☐ 1 onion yellow peeled chopped

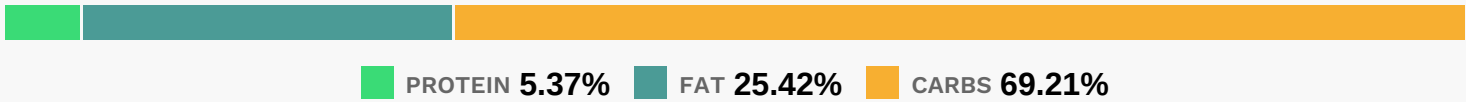
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Place the turnips in a 2-gallon ceramic jar. In a mixing bowl, stir together the water, vinegar, sugar, salt and crushed grapes and pour over turnips. Cover and refrigerate for 48 hours.
- ☐ Two days later: In a 12 to 14-inch saute pan, heat the olive oil until smoking over medium heat.
- ☐ Add onions and garlic and cook until softened, about 8 minutes.
- ☐ Add flour and caraway and stir through.
- ☐ Drain turnips and add to pan. Cook until very soft, careful not to break the turnips, about 1 hour.
- ☐ Serve with grilled sausages or pork shank (stinco).

Nutrition Facts



Properties

Glycemic Index:80.27, Glycemic Load:44.43, Inflammation Score:-7, Nutrition Score:24.389565016426%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg 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: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 524.19kcal (26.21%), Fat: 14.53g (22.35%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 88.99g (29.66%), Net Carbohydrates: 77.99g (28.36%), Sugar: 65.56g (72.84%), Cholesterol: 0.66mg (0.22%), Sodium: 7330.47mg (318.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.82%), Vitamin C: 106.31mg (128.87%), Manganese: 0.99mg (49.51%), Fiber: 11g (43.98%), Potassium: 1454.79mg (41.57%), Copper: 0.81mg (40.3%), Vitamin K: 41.84µg (39.85%), Vitamin B6: 0.66mg (33.18%), Vitamin B1: 0.39mg (26.01%), Magnesium: 85.69mg (21.42%), Folate: 84.76µg (21.19%), Iron: 3.74mg (20.78%), Phosphorus: 206.35mg (20.63%), Calcium: 205.04mg (20.5%), Vitamin B2: 0.33mg (19.41%), Vitamin E: 2.54mg (16.9%), Vitamin B3: 2.59mg (12.93%), Zinc: 1.66mg (11.08%), Vitamin B5: 1.09mg (10.86%), Selenium: 5.39µg (7.7%), Vitamin A: 152.28IU (3.05%)