Simple Apples and Sauerkraut

Paula Macri - Gattuso's Bella Cocina Scripps Treasure Coast Newspapers

1 can (16 ounce) sauerkraut
1 medium apple
3/4 cup beer
1 tablespoon sugar
1 tablespoon butter
1/2 teaspoon caraway seed
dash pepper (to taste)

Rinse the sauerkraut in a colander and drain well.

Slice the apples, leaving the skin on.

In a saucepan, mix the sauerkraut, apple, beer, sugar, butter, caraway seed and pepper.

Simmer, uncovered, for 30 minutes, being sure to stir occasionally. Most of the liquid should be evaporated and the apples should be tender.

Per Serving (excluding unknown items): 353 Calories; 12g Fat (34.2% calories from fat); 3g Protein; 51g Carbohydrate; 10g Dietary Fiber; 31mg Cholesterol; 1686mg Sodium. Exchanges: 2 Vegetable; 1 1/2 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.

Side Dishes

Dar Carvina Mutritional Analysis

| Calories (kcal): | 353 | Vitamin B6 (mg): | .4mg |
|--------------------------------|-------|---------------------|-------|
| % Calories from Fat: | 34.2% | Vitamin B12 (mcg): | .1mcg |
| % Calories from Carbohydrates: | 61.8% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 4.0% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 12g | Folacin (mcg): | 71mcg |
| Saturated Fat (g): | 7g | Niacin (mg): | 1mg |
| | | Caffeine (mg): | 0mg |
| Monounsaturated Fat (g): | 3g | Alcohol (kcal): | 73 |
| Polyunsaturated Fat (g): | 1g | % Defuse: | በ በ% |
| Cholesterol (mg): | 31mg | | |
| Carbohydrate (g): | 51g | Food Exchanges | |
| Dietary Fiber (g): | 10g | Grain (Starch): | 0 |
| Protein (g): | 3g | Lean Meat: | 0 |

| Sodium (mg): | 1686mg | Vegetable: | 2 |
|-------------------|--------|----------------------|-------|
| Potassium (mg): | 623mg | Fruit: | 1 1/2 |
| Calcium (mg): | 101mg | Non-Fat Milk: | 0 |
| Iron (mg): | 4mg | Fat: | 2 1/2 |
| Zinc (mg): | 1mg | Other Carbohydrates: | 1 |
| Vitamin C (mg): | 43mg | | |
| Vitamin A (i.u.): | 553IU | | |
| Vitamin A (r.e.): | 120RE | | |

Nutrition Facts

| Amount Per Serving | | | | |
|--|--|--|--|--|
| Calories 353 | Calories from Fat: 121 | | | |
| | % Daily Values* | | | |
| Total Fat 12g Saturated Fat 7g Cholesterol 31mg Sodium 1686mg Total Carbohydrates 51g Dietary Fiber 10g Protein 3g | 19% 37% 10% 70% 17% 42% | | | |
| Vitamin A Vitamin C Calcium Iron | 11% 71% 10% 22% | | | |

^{*} Percent Daily Values are based on a 2000 calorie diet.