

# Kraut and Apple Relish

*Aimee Blume - Special to the Courier & Press (Evansville, IN)  
Scripps Howard Newspapers*

**Yield: 1 cup**

*1 teaspoon fresh-squeezed lemon juice  
1/2 cup shredded red apple, with  
skin  
1/2 cup refrigerated crisp-style kraut,  
drained  
2 tablespoons red onion, minced  
black pepper (to taste)*

In a small bowl, mix the apple and lemon juice  
until the apple is well coated.

Add the kraut, onion and black pepper to taste.  
Toss to mix well.

Serve immediately or chill.

Per Serving (excluding unknown  
items): 8 Calories; trace Fat (3.5%  
calories from fat); trace Protein; 2g  
Carbohydrate; trace Dietary Fiber;  
0mg Cholesterol; 1mg Sodium.  
Exchanges: 1/2 Vegetable.

Sauces and Condiments

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	8	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	3.5%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	85.1%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	11.4%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	4mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Daily Value*</b>	0 0%
<b>Carbohydrate (g):</b>	2g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	1mg	<b>Vegetable:</b>	1/2
<b>Potassium (mg):</b>	31mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	4mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	0

Zinc (mg): trace  
Vitamin C (mg): 1mg  
Vitamin A (i.u.): 0IU  
Vitamin A (r.e.): 0RE

Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

Calories	8	Calories from Fat: 0
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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	

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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	2%
<b>Calcium</b>	0%
<b>Iron</b>	0%

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\* Percent Daily Values are based on a 2000 calorie diet.