

# Sauerkraut & Apples

Ian Knauer - *"The Farm: Rustic Recipes for a Year of Incredible Food"*  
*Better Homes and Gardens Magazine*

## Servings: 8

2 tablespoons unsalted butter  
1 large (one cup) onion, thinly sliced  
4 pounds refrigerated sauerkraut,  
rinsed and drained  
2 Gala, Fuji or Red Delicious  
apples, cored and thinly sliced  
1 cup dry white wine  
3 to 4 tablespoons packed dark  
brown sugar  
Kosher salt (to taste)  
pepper (to taste)

## TOPPING

1 Gala, Fuji or Red Delicious apple,  
cored and chopped  
2 tablespoons butter  
1 tablespoon snipped fresh dill weed  
(for garnish)

## Preparation Time: 20 minutes

In a four- to five-quart heavy pot, melt the butter over medium-high heat. Add the onion. Cook about 6 minutes or until golden, stirring occasionally.

Stir in the sauerkraut, apples and wine. Bring to a boil. Reduce the heat. Simmer, covered, about one hour or until the sauerkraut is very tender, stirring occasionally.

Stir in the brown sugar, salt and pepper. (Add additional brown sugar, salt and pepper, to taste).

Make the topping (optional): In a saucepan, melt the butter. Cook the apple until just softened. Sprinkle over the sauerkraut dish with some dill weed.

Start to Finish Time: 1 hour 20 minutes

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Per Serving (excluding unknown items): 386 Calories; 6g Fat (13.7% calories from fat); trace Protein; 82g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 64mg Sodium. Exchanges: 0 Vegetable; 1 Fat; 5 1/2 Other Carbohydrates.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	386	Vitamin B6 (mg):	trace
% Calories from Fat:	13.7%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	86.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.3%	Riboflavin B2 (mg):	trace

**Total Fat (g):** 6g  
**Saturated Fat (g):** 4g  
**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 16mg  
**Carbohydrate (g):** 82g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 64mg  
**Potassium (mg):** 332mg  
**Calcium (mg):** 77mg  
**Iron (mg):** 2mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 217IU  
**Vitamin A (r.e.):** 53 1/2RE

**Folacin (mcg):** 4mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 20  
**% Refuse:** n n%

**Food Exchanges**

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1  
**Other Carbohydrates:** 5 1/2

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 386 **Calories from Fat:** 53

**% Daily Values\***

**Total Fat** 6g 9%  
     Saturated Fat 4g 18%  
**Cholesterol** 16mg 5%  
**Sodium** 64mg 3%  
**Total Carbohydrates** 82g 27%  
     Dietary Fiber trace 1%  
**Protein** trace

**Vitamin A** 4%  
**Vitamin C** 1%  
**Calcium** 8%  
**Iron** 9%

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