

# Simple Apples and Sauerkraut

Paula Macri - Gattuso's Bella Cucina  
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.

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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

## Per Serving Nutritional 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
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	73
Cholesterol (mg):	31mg	% Refuse:	n.n%
Carbohydrate (g):	51g	<b>Food Exchanges</b>	
Dietary Fiber (g):	10g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0

