
Sauerkraut Salad II

Dolores Selleck

Nettles Island Cooking in Paradise - 2014

1 quart sauerkraut
1 cup celery, chopped
1 cup green pepper, chopped
1/2 cup onion, chopped
1 cup grated carrot
1 cup sugar

Place all of the ingredients into a bowl in the order given. Sprinkle sugar over the top. DO NOT MIX.

Let set for twenty-four hours.

Mix before serving.

Salads

Per Serving (excluding unknown items): 1095 Calories; 2g Fat (1.6% calories from fat); 13g Protein; 273g Carbohydrate; 33g Dietary Fiber; 0mg Cholesterol; 6394mg Sodium. Exchanges: 13 1/2 Vegetable; 13 1/2 Other Carbohydrates.