

Sauerkraut no Fermentation

1 small red or green cabbage

Salt

Peppercorns

Oil

White distilled vinegar

Half the cabbage and slice it thinly. Rinse and drain.

Heat some oil in a pot. Add the cabbage and cook, stirring often. Cook until the cabbage is slightly browned and softened.

Add salt, peppercorns and cover with vinegar. Simmer for about an hour until cabbage is completely cooked through and wilted. You will have quite a bit of liquid left. Keep it to store the sauerkraut in a closed container in the fridge.

Serve the cabbage without the liquid.

NOTE - you can add a teaspoon of sugar to this if you want. You can also add a small apple — peeled and cubed.

1/2 cup serving size - Calories 48.294 kcal, Fat, Total 1.204 g, Saturated Fat 0.141 g, Sugar, Total 1.761 g, Total Carbohydrate 3.336 g, Protein 0.637 g, Cholesterol 0.000 mg, Trans Fatty Acid 0.000 g, Sodium 596.106 mg,

Nutrition Facts

servings per container

Serving size (183g)

Amount per serving

Calories **50**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 600mg **26%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **3%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 1g **1%**

Vitamin D mcg 0%

Calcium 30mg 2%

Iron 0.4mg 2%

Potassium 110mg 2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: VINEGAR,
DISTILLED, CABBAGE, RED, RAW,
SALT, TABLE, OIL, AVOCADO