

## Sauerkraut Salad

*This recipe is a good source of vitamin A, which keeps eyes and skin healthy.*

### Ingredients:

- 1 16 ounce can **sauerkraut**, drained, liquid reserved
- 1/4 cup finely chopped **celery**
- 1/4 cup chopped **onion**
- 1/4 cup grated **carrot**
- 2/3 cup **sugar**
- 1/4 cup **vinegar**

### Directions:

1. Combine the sauerkraut, celery, onion, and carrot.
2. Place the reserved sauerkraut liquid, sugar, and vinegar in a small saucepan.
3. Bring to a boil, stirring constantly.
4. Remove from heat and pour over the vegetable mixture, stirring to coat well.
5. Refrigerate leftovers within 2-3 hours.

### Nutrition Facts

Serving Size 1/2 cup (121g)  
Servings Per Container 6

Amount Per Serving

**Calories 80**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 510mg**      **21%**

**Total Carbohydrate 21g**      **7%**

Dietary Fiber 2g      **8%**

Sugars 18g

**Protein 1g**

Vitamin A 15%      •      Vitamin C 20%

Calcium 2%      •      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**6 servings, 1/2 cup each**

### Bright Ideas:

This recipe can be used for at least a week if kept refrigerated; flavor may develop the longer it sets.

Source: Sauerkraut Recipes.com

For more recipes and other resources on eating well for less, see our web site at: <http://www.healthyrecipes.oregonstate.edu>