

Description Bring vibrant tanginess and crisp, refreshing crunch to your table with this effortless homemade jar sauerkraut. Fermented naturally to perfection right in a glass mason jar, this recipe delivers raw, gut-friendly probiotics with an addictive savory zing. Perfect as a bright, digestive-friendly topper for high-protein mains or low-carb bowls, it elevates everyday meal prep with minimal effort.

Can This Easy Jar Sauerkraut Support Weight Loss Goals?

Yes, Easy Jar Sauerkraut is an exceptional addition to weight management plans. Naturally low in calories and virtually carbohydrate-free, it provides substantial volume and dietary fiber to keep you feeling satisfied without adding unnecessary calories. Furthermore, its lively acidity helps cut through rich meals, making lean, high-protein proteins taste far more satisfying.

Does Easy Jar Sauerkraut Fit a High Protein Lifestyle?

While green cabbage itself is naturally low in protein, Easy Jar Sauerkraut is an essential sidekick for high-protein nutrition goals. Containing virtually zero net carbs per serving, it relies on simple ingredients—fresh cabbage and sea salt—to create a tangy, enzyme-rich side dish. Pairing this probiotic condiment with lean meats, eggs, or plant-based proteins enhances digestion and prevents meal monotony without adding unwanted fats or sugars.

My Personal Experience

- **Simple Prep Magic:** Shredding cabbage and massaging it with sea salt takes under 10 minutes before letting nature do the rest.

It's completely hands-off after packing the jar, delivering tangy homemade flavor without complex steps.

- **Meal Prep MVP:** Keeping a jar in the fridge makes elevating high-protein lunches instantaneous throughout the busy week.

A single spoonful brightens up chicken breasts, scrambled eggs, or low-carb bowls effortlessly.

Perfect For: High-protein meals, low-carb recipe pairing, keto diet plans, high-protein snacks (paired with turkey deli rolls or boiled eggs), gut-health meal prep, and high-protein breakfast topping.

Why You'll Love This Recipe:

- **Unbeatable Crunch & Flavor:** Fermentation creates a punchy, sour tang while preserving cabbage's natural snappy texture.

It yields a fresh taste that completely surpasses bland, pasteurized store-bought varieties.

- **Effortless & Budget-Friendly:** Requires only two base ingredients and standard kitchen tools to prepare.

You can make gourmet, probiotic-rich food at a fraction of the cost of artisanal brands.

Common Mistakes to Avoid:

1. **Under-salting the Cabbage:** Using too little salt prevents proper brine formation, allowing bad bacteria to spoil the batch.
2. **Exposing Cabbage to Air:** Floating cabbage pieces above the brine level can form mold; keep all vegetables fully submerged under liquid.
3. **Using Chlorinated Water:** Tap water with chlorine or iodine can inhibit the beneficial lactobacilli bacteria required for fermentation.
4. **Over-tightening the Lid:** Trapping build-up gas tightly can increase pressure; burp the jar daily or use a fermentation airlock.

Required Equipment:

- **1-Quart Glass Mason Jar:** Holds cabbage securely while allowing you to monitor brine

levels and fermentation progress easily.

- **Large Mixing Bowl:** Gives you plenty of room to massage the shredded cabbage thoroughly with salt.
- **Fermentation Weight (or small sealed glass filled with water):** Keeps cabbage fully submerged beneath the brine to ensure safe, mold-free fermentation.
- **Chef's Knife & Cutting Board:** Helps slice cabbage ultra-thinly for maximum juice extraction and optimal texture.

Storage Instructions: Store fermented sauerkraut in sealed glass jars in the refrigerator for up to 6 months. Cold temperatures slow down fermentation, preserving its sharp bite and high protein-friendly crunch. Freezing is not recommended as it destroys beneficial probiotics and makes cabbage soft and mushy.

Recipe Details

- **Preparation Time:** 15 minutes
- **Fermentation Time:** 7 days (room temperature)
- **Total Time:** 7 days 15 minutes
- **Servings:** 16 (approx. 2 tbsp / 30g per serving)
- **Best Season for This Recipe:** All-Season
- **Total Calories (Per Serving):** ~5 kcal (Approximate estimate)

A fresh, raw fermented cabbage side packed with gut-healthy natural probiotics.

Effortlessly made with simple kitchen staples for clean, crisp, low-carb eating.

Adds punchy flavor and digestive support to any high-protein entree or keto meal plan.

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☐ Ingredients:

- 1 medium head Green Cabbage (approx. 2 lbs / 900g, outer leaves reserved)

Note: Use fresh, heavy cabbage heads for maximum natural moisture.

- 1 ½ tbsp Fine Sea Salt or Kosher Salt (non-iodized)

Note: Avoid table salt with anti-caking agents or iodine as it interferes with fermentation.

- 1 tsp Caraway Seeds (*Optional: for classic bavarian aroma*)

Directions:

1. Prep & Slice:

Remove 1-2 clean outer cabbage leaves and set aside. Slice cabbage into quarters, remove the inner tough core, and finely shred cabbage using a chef's knife or mandoline.

2. Massage & Juice (High Protein Tip):

Transfer shredded cabbage to a large bowl and sprinkle sea salt evenly. Using clean hands, massage and squeeze cabbage firmly for 5 to 10 minutes until it collapses in volume and releases a generous amount of liquid (brine). (*High Protein Tip: Adding salt properly ensures crispness, making it an excellent sodium-balancing side for intense*

workout routines).

3. Pack the Jar:

Pack cabbage tightly into a clean glass jar, pressing down firmly after every handful using your fist or a tamper so brine rises above the shredded vegetable level.

4. Submerge & Seal:

Fold reserved outer leaves to fit top of jar over shredded cabbage, then place a fermentation weight on top to keep everything submerged below brine. Wipe rim and loosely cap jar lid.

5. Ferment at Room Temp:

Keep jar in a cool place (68–72°F / 20–22°C) away from direct sunlight for 7 to 14 days. Burp jar daily to release carbon dioxide gases and observe visual cues: small bubbles rising and cabbage turning slightly translucent indicate active, healthy fermentation.

6. Chill & Serve:

Taste sauerkraut at day 7. Once desired tang is reached, remove weight/top leaf, seal lid tightly, and transfer to refrigerator.

Nutrition Facts (Per Serving – Approximate):

- Calories: 5 kcal
- Fats: 0g
- Cholesterol: 0mg
- Sodium: 180mg
- Potassium: 50mg

- Total Carbohydrates: 1g
- Fiber: 0.6g
- Net Carbs: 0.4g
- Sugars: 0.4g
- Protein: 0.3g
- Calcium: 12mg

Notes:

- Storage & Reheating: Store refrigerated; consume raw directly from jar without heating to keep probiotic enzymes intact.
- Allergy Info: Naturally gluten-free, dairy-free, nut-free, vegan, and keto-friendly.
- Flavor Boosts: Add grated carrots, sliced garlic, or fresh dill during massaging for customized flavor profiles.