

**Table S1. Nutritional content of sauerkraut per 100 grams**

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Energy (kJ)	102
Energy (kcal)	24
Protein (g)	1.3
Carbohydrates (g)	5.6
Fat (g)	0.1
Dietary fiber (g)	2.4
Sodium (g)	0.8
Vitamin C (mg)	36

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