

TYMEK'S



SAUERKRAUT

Plain &
With Carrots

- Ontario's cabbage
- naturally fermented
- traditional methods
- no vinegar added
- not pasteurized
- source of friendly bacteria
- fat free
- cholesterol free
- excellent source of vitamin C
- excellent source of fiber
- easy to digest

"NATURALLY THE BEST"

We all know the value of good-tasting, nutritious food. At Tymeck's we use only locally grown vegetables and run our production according to traditional recipes. We do not add any preservatives or artificial ingredients and there is no pasteurization involved, as a result, all our products provide a rich source of probiotic and Vitamin C goodness. Tymeck's Natural Foods has been supporting Ontario farmers for 25 years. Our unique and authentic products are available to you right here in the GTA or through one of our many clients across Ontario. Our products have been recognized and awarded multiple times by the National Post in best product and best quality category.

SAUERKRAUT

Nutrition Facts		
Serving Size	1/2 cup (110g)	
Amount Per Serving		
Calories	25	
Calories from Fat	0	
	% Daily Value*	
Total Fat	0.0 g	0 %
Cholesterol	0 mg	0 %
Sodium	580 mg	24 %
Potassium	160 mg	5 %
Total Carbohydrate	4 g	1 %
Dietary Fiber	3 g	12 %
Sugars	1 g	
Protein	2.0 g	4 %
Vitamin A	0 %	
Vitamin C	20 %	
Calcium	4 %	
Iron	6 %	
Thiamin	4 %	
Riboflavin	2 %	
Niacin	8 %	
Phosphorus	2 %	

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

PLAIN SAUERKRAUT

Ingredients: cabbage, kosher coarse salt

SAUERKRAUT WITH CARROTS

Ingredients: cabbage, kosher coarse salt, carrots

TYMEK'S FRESH SAUERKRAUT SALAD

INGREDIENTS

- 1 lb Tymek's sauerkraut
- 1 large apple-shredded
- 1 large carrot-shredded
- ¼ cup sliced leek or green onion
- 5 tbs olive oil
- Freshly ground pepper
- 2 tbs maple syrup

PREPARATION

- Combine all ingredients together or enjoy on it's own as the side dish with cooked meats.
- Refrigerate left overs and consume within 3 days.

ADDITIONAL SUGGESTIONS

- Bigos- cooked sauerkraut with meat
- Cooked Tymek's Sauerkraut with cooked dry peas
- Kapusniak- sauerkraut soup
- Enjoy on sandwiches, as snack or as a side dish
- Have a shot of sauerkraut juice before food to stimulate your digestive system

HEALTH BENEFITS

- Consuming a serving of sauerkraut can give your body as much of a health boost as many of the expensive probiotic drinks and supplements sold in stores.
- Sauerkraut contains high levels of glucosinolates. These compounds have been shown to have anti-cancer activity in laboratory research.

STORAGE INSTRUCTIONS

Keep refrigerated

Do not freeze

PACKAGING OPTIONS

Bulk Pails: 20L, 10L, 5L



TYMEK'S

TYMEK'S - The Polish Tradition
 9 Advance Road, Toronto, ON M8Z 2S6
 416-234-1943
info@tymekspickles.com
tymekspickles.com