



Apple-Cabbage Dressing

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



105 kcal

SIDE DISH

Ingredients

- 1 cup apple juice
- 2.3 cups cooking apples diced
- 0.8 pound cabbage coarsely chopped ()
- 3 rib celery diced
- 1 cup chicken broth
- 4 garlic cloves minced
- 0.5 cup butter divided melted
- 1 cup onion chopped

- 0.5 teaspoon pepper
- 1 teaspoon salt

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- baking pan
- dutch oven

Directions

- Place bread slices in single layers on 2 baking sheets.
- Bake at 325 for 25 minutes or until almost crisp, using both racks in oven. Tear bread into small pieces, and place in a 4-quart bowl.
- Bring 8 cups water to a boil in a Dutch oven; add cabbage, and cook, uncovered, 3 minutes.
- Drain and immediately run cold water over cabbage; pat dry with paper towels.
- Add to bread in bowl, and set aside.
- Cook apple, onion, celery, and garlic in 1/4 cup butter in a large skillet over medium heat 10 minutes or until tender, stirring often.
- Add apple mixture to cabbage; stir in salt and pepper.
- Pour cider and broth over bread mixture, tossing gently. Spoon mixture into a buttered 13" x 9" baking dish; drizzle with remaining 1/4 cup melted butter.
- Bake, uncovered, at 350 for 40 minutes or until lightly browned.

Nutrition Facts

  
PROTEIN 3.21% FAT 64.12% CARBS 32.67%

Properties

Glycemic Index:19.81, Glycemic Load:2.54, Inflammation Score:-4, Nutrition Score:3.8556521884773%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 104.57kcal (5.23%), Fat: 7.77g (11.95%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 7.33g (2.66%), Sugar: 5.9g (6.56%), Cholesterol: 0.39mg (0.13%), Sodium: 362.68mg (15.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin K: 22.34µg (21.28%), Vitamin C: 12.96mg (15.7%), Vitamin A: 381.29IU (7.63%), Fiber: 1.58g (6.33%), Manganese: 0.12mg (6.12%), Folate: 15.66µg (3.91%), Vitamin B6: 0.08mg (3.9%), Potassium: 125.91mg (3.6%), Vitamin E: 0.39mg (2.62%), Vitamin B1: 0.04mg (2.58%), Vitamin B2: 0.04mg (2.4%), Calcium: 23.41mg (2.34%), Phosphorus: 19.87mg (1.99%), Magnesium: 7.8mg (1.95%), Iron: 0.25mg (1.41%), Copper: 0.03mg (1.33%), Vitamin B5: 0.12mg (1.18%)