



HEALTH SCORE

67%

Blackberry braised red cabbage with venison



Gluten Free



Very Healthy

READY IN



85 min.

SERVINGS



4

CALORIES



516 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp butter
- ☐ 1 onion red thinly sliced
- ☐ 1 small cabbage red cored thinly sliced (600g 1lb 5oz)
- ☐ 5 tbsp balsamic vinegar
- ☐ 3 tbsp brown sugar soft
- ☐ 1 tsp spice mixed
- ☐ 2 tbsp redcurrant jelly
- ☐ 4 venison steaks (175g 6oz each)

- ☐ 175 g blackberry
- ☐ 2 tbsp crème de cassis
- ☐ 1 tbsp oil
- ☐ 4 servings potatoes mashed

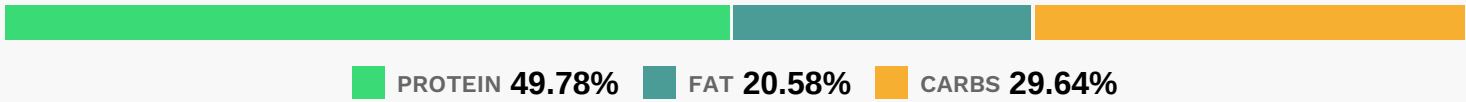
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt the butter in a large saucepan, add the onion and cook slowly for 10 mins until really soft.
- ☐ Add the cabbage, vinegar, sugar, mixed spice and half the jelly along with 100ml water, then season. Bring to the boil, stir, then cover with a lid. Cook for 40 mins over a medium-low heat. Meanwhile, remove the venison from the fridge to come to room temperature.
- ☐ Add the blackberries and crme de mure or crme de cassis, if using, to the cabbage mixture. Continue cooking, uncovered, for 5-10 mins until the liquid has evaporated and the blackberries have broken down slightly.
- ☐ Heat a frying pan until hot. Rub the venison steaks with the oil, then season. Cook in the hot pan for 4-5 mins on each side, depending on thickness, for medium-rare. In the final 1 min of cooking, add the remaining jelly to the pan and spoon it over the steaks as it melts.
- ☐ Remove the steaks from the pan and leave to rest.
- ☐ Serve the cabbage and venison with mashed potato.

Nutrition Facts



Properties

Glycemic Index:80.69, Glycemic Load:8.99, Inflammation Score:-9, Nutrition Score:43.503913381825%

Flavonoids

Cyanidin: 341.16mg, Cyanidin: 341.16mg, Cyanidin: 341.16mg, Cyanidin: 341.16mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg

Pelargonidin: 0.23mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 16.21mg, Catechin: 16.21mg, Catechin: 16.21mg, Catechin: 16.21mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 516kcal (25.8%), Fat: 11.68g (17.97%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 37.85g (12.62%), Net Carbohydrates: 31.88g (11.59%), Sugar: 26.33g (29.26%), Cholesterol: 165.63mg (55.21%), Sodium: 188.16mg (8.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.56g (127.13%), Vitamin C: 93.21mg (112.99%), Vitamin B3: 22.46mg (112.29%), Vitamin B6: 1.87mg (93.26%), Vitamin B2: 1.15mg (67.79%), Vitamin K: 68.23µg (64.98%), Phosphorus: 622.2mg (62.22%), Vitamin B12: 3.67µg (61.1%), Iron: 10.01mg (55.61%), Zinc: 7.9mg (52.66%), Vitamin B1: 0.68mg (45.02%), Manganese: 0.84mg (41.91%), Selenium: 28.16µg (40.22%), Potassium: 1302mg (37.2%), Vitamin A: 1766.14IU (35.32%), Copper: 0.58mg (29.23%), Magnesium: 98.84mg (24.71%), Fiber: 5.97g (23.88%), Vitamin B5: 2.12mg (21.2%), Vitamin E: 2.63mg (17.53%), Folate: 61.25µg (15.31%), Calcium: 114.42mg (11.44%)