



Braised Red Cabbage



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 cup chicken stock see
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 3 slices maple bacon
- ☐ 0.5 head cabbage red cored thinly sliced
- ☐ 1 small shallots peeled sliced

Equipment

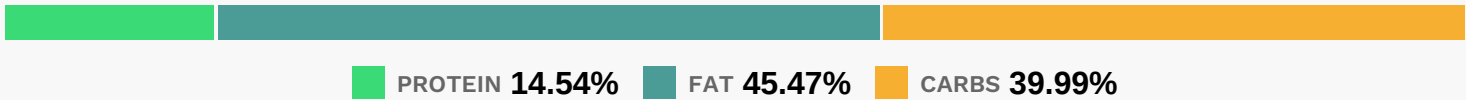
- ☐ frying pan

☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add the bacon and the shallot slices and cook until just light golden, about 3 to 4 minutes.
- ☐ Pour in the vinegar, scraping the pan to release any browned bits and simmer for 2 to 3 minutes.
- ☐ Add the cabbage, tossing to coat and soften slightly; pour in the stock and season with lightly with salt and pepper. Reduce the heat to a simmer, cover and cook, stirring occasionally until the cabbage is very soft, about 30 minutes.
- ☐ Remove the lid and cook, stirring occasionally, to allow the moisture to evaporate and cooking liquid to thicken, about 5 minutes.
- ☐ Transfer to a serving dish, top with crumbled bacon and enjoy!

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:3.83, Inflammation Score:-8, Nutrition Score:11.668260810168%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 146.12kcal (7.31%), Fat: 7.44g (11.45%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 12.32g (4.48%), Sugar: 8.63g (9.59%), Cholesterol: 12.69mg (4.23%), Sodium: 422.77mg (18.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.71%), Vitamin C: 60.4mg (73.21%), Vitamin K: 40.23µg (38.32%), Vitamin A: 1178.56IU (23.57%), Vitamin B6: 0.32mg (16.06%), Manganese: 0.3mg (15.16%), Potassium: 395.23mg (11.29%), Vitamin B3: 2.06mg (10.31%), Fiber: 2.4g (9.61%), Vitamin B1: 0.14mg (9.16%), Vitamin B2: 0.14mg (8.12%), Phosphorus: 79.21mg (7.92%), Selenium: 5.34µg (7.63%), Iron: 1.26mg (7.01%), Magnesium: 25.03mg (6.26%), Folate: 24µg (6%), Calcium: 57.99mg (5.8%), Zinc: 0.55mg (3.68%), Copper: 0.07mg (3.42%), Vitamin B5:

0.26mg (2.64%), Vitamin B12: 0.08µg (1.38%), Vitamin E: 0.21mg (1.38%)