



Braised Red Cabbage

 Vegetarian  Gluten Free

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

113 kcal

SIDE DISH

Ingredients

- ☐ 6 allspice crushed
- ☐ 2 apples sweet sliced quartered thin
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cane syrup the cane syrup is lighter in color
- ☐ 1 cabbage red thick sliced
- ☐ 0.5 onion red sliced
- ☐ 0.3 cup red wine
- ☐ 0.3 cup red wine vinegar

☐ 8 servings salt and pepper black freshly ground

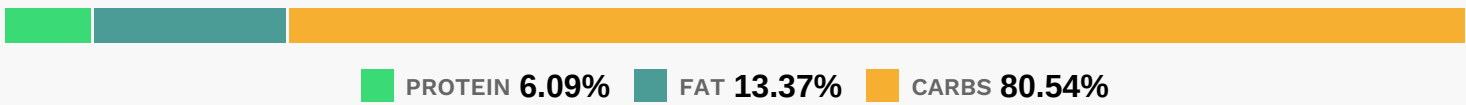
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a deep saute pan with a cover. Once the butter's melted, and the foam's subsided, add the cabbage and stir to coat.
- ☐ Add salt and pepper, to taste, red onion, apple, and allspice packet, cover the pan and lower the flame to low-medium, turning once in a while, until the cabbage is soft, but still slightly firm, about 15 minutes.
- ☐ Remove lid and deglaze with the red wine, bring up flame and cook, uncovered, until the wine is reduced by at least half.
- ☐ Add the red wine vinegar reduce a little, add the molasses or cane syrup and toss to coat. Cook 2 to 3 more minutes, remove allspice packet, season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:7.09, Inflammation Score:-8, Nutrition Score:11.90304332923%

Flavonoids

Cyanidin: 220.79mg, Cyanidin: 220.79mg, Cyanidin: 220.79mg, Cyanidin: 220.79mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin:

0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 112.85kcal (5.64%), Fat: 1.69g (2.6%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 19.47g (7.08%), Sugar: 16.97g (18.86%), Cholesterol: 3.76mg (1.25%), Sodium: 45.47mg (1.98%), Alcohol: 1.06g (100%), Alcohol %: 0.71% (100%), Protein: 1.73g (3.47%), Vitamin C: 62.46mg (75.71%), Vitamin K: 41.42µg (39.44%), Vitamin A: 1240IU (24.8%), Manganese: 0.47mg (23.68%), Vitamin B6: 0.32mg (16.14%), Potassium: 486.44mg (13.9%), Fiber: 3.45g (13.81%), Magnesium: 47.13mg (11.78%), Iron: 1.51mg (8.4%), Calcium: 75.85mg (7.59%), Vitamin B1: 0.08mg (5.54%), Folate: 21.75µg (5.44%), Vitamin B2: 0.09mg (5.3%), Phosphorus: 45.49mg (4.55%), Copper: 0.09mg (4.4%), Selenium: 2.58µg (3.69%), Vitamin B3: 0.61mg (3.06%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.31mg (2.08%), Vitamin E: 0.24mg (1.6%)