



Braised Red Cabbage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 2 apples peeled sliced
- ☐ 4 slices bacon diced
- ☐ 0.3 teaspoon garlic minced
- ☐ 1 large onion thinly sliced
- ☐ 0.5 teaspoon pepper
- ☐ 1 medium size cabbage red thinly sliced
- ☐ 0.8 cup red wine
- ☐ 0.3 cup red wine vinegar

- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar

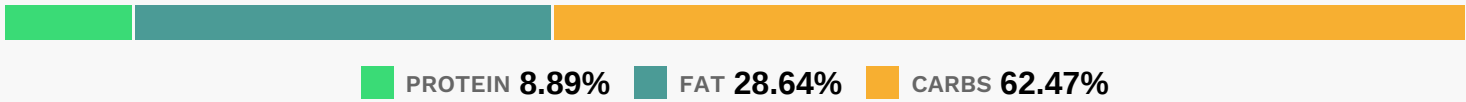
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Toss together first 4 ingredients in a large bowl.
- ☐ Cook bacon in a large Dutch oven over medium-high heat 10 minutes or until crisp.
- ☐ Add onion, and saut 5 minutes or until tender. Stir in cabbage mixture, apples, red wine, sugar, and minced garlic. Cover, reduce heat to medium, and simmer 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:39.68, Glycemic Load:11.05, Inflammation Score:-9, Nutrition Score:15.179130414258%

Flavonoids

Cyanidin: 294.42mg, Cyanidin: 294.42mg, Cyanidin: 294.42mg, Cyanidin: 294.42mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.71mg, Epicatechin: 5.71mg, Epicatechin: 5.71mg, Epicatechin: 5.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg Gallocatechin: 0.02mg

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Nutrients (% of daily need)

Calories: 206.13kcal (10.31%), Fat: 6.21g (9.55%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 25.6g (9.31%), Sugar: 21.23g (23.59%), Cholesterol: 9.68mg (3.23%), Sodium: 526.17mg (22.88%), Alcohol: 3.18g (100%), Alcohol %: 1.39% (100%), Protein: 4.33g (8.67%), Vitamin C: 84.43mg (102.34%), Vitamin K: 55.25µg (52.62%), Vitamin A: 1600.75IU (32.01%), Manganese: 0.46mg (23.19%), Vitamin B6: 0.41mg (20.26%), Fiber: 4.86g (19.45%), Potassium: 515.2mg (14.72%), Vitamin B1: 0.15mg (10.25%), Phosphorus: 85.14mg (8.51%), Magnesium: 33.99mg (8.5%), Iron: 1.51mg (8.4%), Vitamin B2: 0.14mg (8.37%), Folate: 32.07µg (8.02%), Calcium: 77.33mg (7.73%), Vitamin B3: 1.33mg (6.64%), Selenium: 4.05µg (5.78%), Zinc: 0.6mg (3.98%), Vitamin B5: 0.37mg (3.67%), Copper: 0.06mg (3.19%), Vitamin E: 0.33mg (2.22%), Vitamin B12: 0.07µg (1.22%)