



Braised Red Cabbage and Pears

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

Ingredients

- 1.5 cups anjou pear peeled thinly sliced (2 pears)
- 2 bay leaves
- 0.3 teaspoon pepper black
- 1 stick cinnamon (3-inch)
- 1 teaspoon olive oil
- 1.5 cups onion separated thinly sliced
- 6 cups cabbage red sliced
- 0.3 cup red wine vinegar

- 0.5 teaspoon salt
- 2 tablespoons sugar

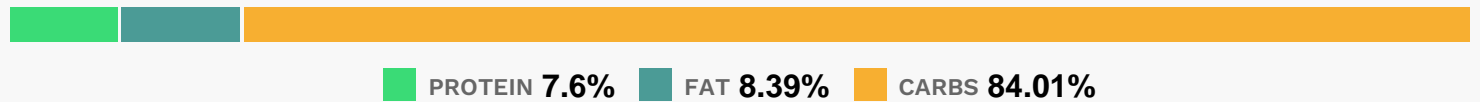
Equipment

- dutch oven

Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add onion; saut 5 minutes. Stir in cabbage, vinegar, sugar, bay leaves, and cinnamon stick; cover, reduce heat, and simmer 15 minutes or until cabbage is tender. Stir in pear, salt, and pepper; cover and cook 5 minutes. Discard bay leaves and cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:25.36, Glycemic Load:5.19, Inflammation Score:-7, Nutrition Score:7.5904347689255%

Flavonoids

Cyanidin: 140.68mg, Cyanidin: 140.68mg, Cyanidin: 140.68mg, Cyanidin: 140.68mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 69.08kcal (3.45%), Fat: 0.7g (1.07%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 12.63g (4.59%), Sugar: 9.78g (10.86%), Cholesterol: 0mg (0%), Sodium: 165.77mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin C: 41.64mg (50.48%), Vitamin K: 27.49µg

(26.18%), Manganese: 0.31mg (15.34%), Vitamin A: 756.26IU (15.13%), Fiber: 3.1g (12.41%), Vitamin B6: 0.19mg (9.28%), Potassium: 247.85mg (7.08%), Folate: 19.91µg (4.98%), Calcium: 45.25mg (4.52%), Iron: 0.75mg (4.19%), Magnesium: 16.59mg (4.15%), Vitamin B1: 0.06mg (4.02%), Vitamin B2: 0.06mg (3.7%), Phosphorus: 33.55mg (3.36%), Copper: 0.05mg (2.58%), Vitamin B3: 0.37mg (1.85%), Zinc: 0.24mg (1.61%), Vitamin B5: 0.15mg (1.52%), Vitamin E: 0.2mg (1.32%)