



Braised Red Cabbage and Turnips



Vegetarian



Gluten Free

READY IN



63 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see
- ☐ 1.5 tablespoons mustard seeds
- ☐ 1 tablespoons olive oil
- ☐ 1 head cabbage red sliced thin
- ☐ 8 servings salt
- ☐ 1 pound turnips diced peeled (3)

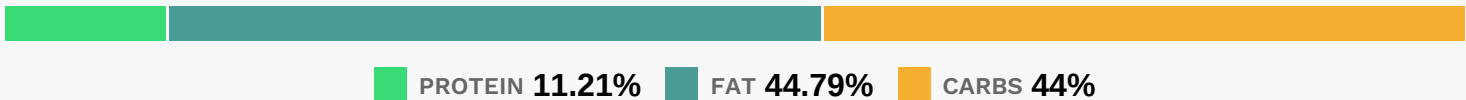
Equipment

- ☐ frying pan
- ☐ knife

Directions

- ☐ In a large saute pan, heat pan on medium and add the mustard seeds. Toast seeds until fragrant, about 1 minute.
- ☐ Add butter and oil. When butter is melted, add the turnips and cabbage and saute until cabbage begins to wilt, about 5 minutes.
- ☐ Mix in vinegar and stock. Bring mixture to a simmer, cover and braise until a knife inserted in a turnip comes out easily and cabbage is wilted and tender, about 25 minutes. Season, to taste, with salt.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:3.71, Inflammation Score:-8, Nutrition Score:12.850434825796%

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: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg 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: 111.8kcal (5.59%), Fat: 5.92g (9.11%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 9.61g (3.49%), Sugar: 6.82g (7.57%), Cholesterol: 8.43mg (2.81%), Sodium: 326.18mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.67%), Vitamin C: 71.89mg (87.14%), Vitamin K: 41.59µg (39.61%), Vitamin A: 1259.41IU (25.19%), Manganese: 0.4mg (20.02%), Vitamin B6: 0.3mg (14.84%), Fiber: 3.47g (13.9%), Potassium: 416.21mg (11.89%), Selenium: 6.02µg (8.6%), Folate: 32.33µg (8.08%), Magnesium: 32.3mg (8.07%), Vitamin B1: 0.12mg (7.81%), Phosphorus: 73.39mg (7.34%), Calcium: 72.09mg (7.21%), Iron: 1.29mg (7.16%), Vitamin B2: 0.12mg (7.14%), Vitamin B3: 1.24mg (6.19%), Copper: 0.1mg (4.81%), Vitamin E: 0.58mg (3.86%), Zinc: 0.56mg (3.72%), Vitamin B5: 0.29mg (2.88%)