



WHATSheATE



Braised Red Cabbage with Chestnuts



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces bacon cut crosswise into thick-cut
- ☐ 1 medium onion thinly sliced
- ☐ 1 cabbage head red sliced into 1/4 slices quartered
- ☐ 1 large baking apples are apples that have a sweet-tart balance and hold their shape when green
- ☐ 0.5 cup apple cider vinegar
- ☐ 2 tablespoons balsamic vinegar
- ☐ 6 tablespoons sugar
- ☐ 0.5 teaspoon salt to taste

- ☐ 8 servings pepper freshly ground
- ☐ 8 ounces roasted chestnuts jarred canned roughly chopped (NOT water chestnuts)

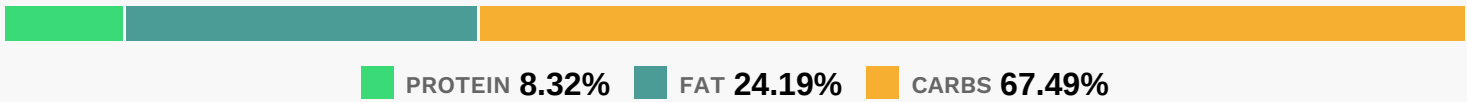
Equipment

- ☐ frying pan

Directions

- ☐ Cook the bacon: Cook the bacon batons slowly in a large sauté pan (with cover) on medium low heat until most of the fat has rendered out, and the bacon is lightly browned, not crisp.
- ☐ Add the sliced onions, increase the heat of the pan to medium high and cook, stirring often, until the onions have softened and lightly browned.
- ☐ Add cabbage, apples, vinegars, sugar: While the onions are cooking, peel the apple and cut it into 1/2-inch thick pieces. Once the onions are ready, add the sliced cabbage, chopped apple, cider vinegar, balsamic vinegar, and sugar. Carefully toss to combine. Bring to a simmer, cover the pan, lower the heat, and simmer until the cabbage is cooked through and soft, about 40 minutes.
- ☐ Add chestnuts: Uncover the pan.
- ☐ Add the chopped roasted chestnuts.
- ☐ Add salt and pepper to taste. Increase the heat to boil off excess moisture for a few minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:35.39, Glycemic Load:9.76, Inflammation Score:-8, Nutrition Score:11.938260769067%

Flavonoids

Cyanidin: 220.5mg, Cyanidin: 220.5mg, Cyanidin: 220.5mg, Cyanidin: 220.5mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg

Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 160.51kcal (8.03%), Fat: 4.51g (6.93%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 24.05g (8.75%), Sugar: 18.23g (20.25%), Cholesterol: 7.02mg (2.34%), Sodium: 250.04mg (10.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Vitamin C: 62.65mg (75.93%), Vitamin K: 40.98µg (39.03%), Vitamin A: 1190.21IU (23.8%), Manganese: 0.39mg (19.25%), Vitamin B6: 0.35mg (17.3%), Fiber: 4.24g (16.94%), Potassium: 394.88mg (11.28%), Iron: 1.4mg (7.8%), Vitamin B1: 0.11mg (7.5%), Phosphorus: 64.44mg (6.44%), Folate: 24.89µg (6.22%), Vitamin B2: 0.1mg (6.15%), Magnesium: 24.49mg (6.12%), Calcium: 57.01mg (5.7%), Vitamin B3: 1.07mg (5.34%), Selenium: 3.22µg (4.6%), Copper: 0.08mg (4.19%), Zinc: 0.57mg (3.8%), Vitamin B5: 0.31mg (3.11%), Vitamin E: 0.44mg (2.91%)