



Braised Red Cabbage with Sausage and Apples

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



285 kcal

SIDE DISH

Ingredients

- 0.7 cup apple juice
- 1 bay leaf
- 0.1 teaspoon pepper black
- 2 tablespoons brown sugar dark
- 0.3 teaspoon thyme leaves dried
- 1.5 cups apples i use 2 granny smith apples peeled finely chopped
- 6 ounces turkey sausage italian (2 links)

- 1.5 pounds cabbage red thinly sliced
- 1 cup onion red thinly sliced
- 2 tablespoons red wine vinegar
- 0.3 teaspoon salt
- 1 teaspoon vegetable oil

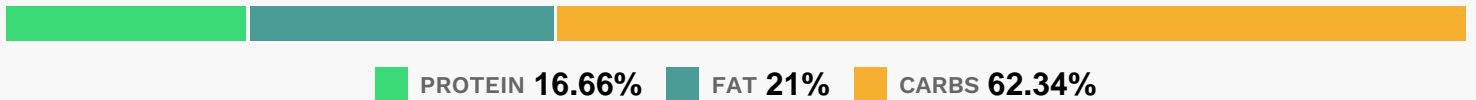
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Remove casings from sausage.
- Add sausage and onion to pan; cook 4 minutes or until sausage is browned, stirring to crumble.
- Add cabbage and remaining ingredients; bring to a boil.
- Cover, reduce heat, and simmer 20 minutes or until cabbage is tender, stirring occasionally. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:54.58, Glycemic Load:9.71, Inflammation Score:-10, Nutrition Score:25.599130309146%

Flavonoids

Cyanidin: 476.88mg, Cyanidin: 476.88mg, Cyanidin: 476.88mg, Cyanidin: 476.88mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 7.3mg, Epicatechin: 7.3mg, Epicatechin: 7.3mg, Epicatechin: 7.3mg 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 Apigenin: 0.14mg

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 14.47mg, Quercetin: 14.47mg, Quercetin: 14.47mg, Quercetin: 14.47mg

Nutrients (% of daily need)

Calories: 285.18kcal (14.26%), Fat: 7.07g (10.87%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 47.19g (15.73%), Net Carbohydrates: 39.34g (14.31%), Sugar: 32.33g (35.92%), Cholesterol: 30.05mg (10.02%), Sodium: 789.27mg (34.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.23%), Vitamin C: 153.94mg (186.59%), Vitamin K: 92.55µg (88.14%), Vitamin A: 2653.74IU (53.07%), Iron: 7.74mg (43%), Vitamin B6: 0.79mg (39.71%), Manganese: 0.75mg (37.51%), Fiber: 7.85g (31.4%), Potassium: 879.76mg (25.14%), Selenium: 14.38µg (20.54%), Phosphorus: 200.59mg (20.06%), Vitamin B2: 0.3mg (17.37%), Vitamin B3: 3.21mg (16.03%), Magnesium: 63.17mg (15.79%), Vitamin B1: 0.23mg (15.51%), Folate: 57.75µg (14.44%), Calcium: 143.97mg (14.4%), Zinc: 1.85mg (12.31%), Vitamin B5: 0.93mg (9.28%), Copper: 0.15mg (7.63%), Vitamin B12: 0.24µg (4.06%), Vitamin E: 0.51mg (3.39%)