



Cabbage and Apple Salad with Roasted Onions



Vegetarian



Gluten Free

READY IN



71 min.

SERVINGS



8

CALORIES



433 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 head salad leaves curly endive chopped
- ☐ 4 granny smith apples chopped
- ☐ 6 tablespoons maple syrup divided
- ☐ 2 tablespoons olive oil
- ☐ 20 ounce pearl onions fresh
- ☐ 2 cups pecans divided toasted chopped
- ☐ 1 head cabbage shredded red

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 6 tablespoons citrus champagne vinegar divided

Equipment

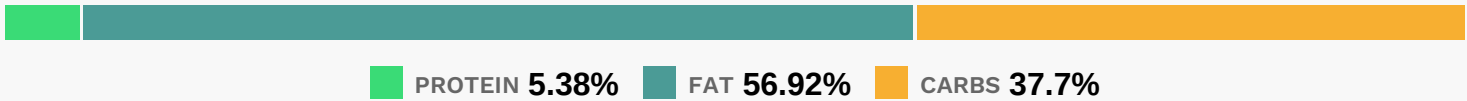
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ roasting pan

Directions

- ☐ Trim bottom ends of onions. Blanch unpeeled onions, in batches, in rapidly boiling water in a large saucepan 45 seconds. (It's important to blanch in batches so that the water remains at a boil.)
- ☐ Drain and peel onions; place in a large zip-top freezer bag, seal, and refrigerate overnight, if desired.
- ☐ Combine cabbage and 2 tablespoons salt in a large bowl; let stand 30 minutes, tossing occasionally. Rinse thoroughly, and drain well.
- ☐ Combine onions and oil in a shallow roasting pan or a large cast-iron skillet; toss to coat.
- ☐ Spread onions in a single layer. Roast at 450 for 25 minutes or until browned, stirring after 20 minutes.
- ☐ Combine 1/4 cup each vinegar and maple syrup; add to roasted onions. Roast 5 more minutes or until slightly thickened and onions are glazed. Set aside.
- ☐ Combine remaining 2 tablespoons vinegar, 2 tablespoons maple syrup, 1 cup chopped pecans, sour cream, and 1/2 teaspoon salt in a food processor or blender; process 1 to 2 minutes or until smooth. Cover and chill dressing overnight, if desired.
- ☐ Toss together chopped apple, cabbage, and endive in a large bowl.
- ☐ Drizzle each serving with dressing, and top with roasted onions; sprinkle with remaining 1 cup pecans.

Make Ahead: Blanch and peel pearl onions a day ahead; store in refrigerator. Prepare dressing up to a day ahead, and store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:10.36, Inflammation Score:-10, Nutrition Score:27.613043422284%

Flavonoids

Cyanidin: 224.41mg, Cyanidin: 224.41mg, Cyanidin: 224.41mg, Cyanidin: 224.41mg Delphinidin: 2.09mg, Delphinidin: 2.09mg, Delphinidin: 2.09mg, Delphinidin: 2.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 20.25mg, Quercetin: 20.25mg, Quercetin: 20.25mg, Quercetin: 20.25mg

Nutrients (% of daily need)

Calories: 433.48kcal (21.67%), Fat: 29.18g (44.89%), Saturated Fat: 5.17g (32.3%), Carbohydrates: 43.49g (14.5%), Net Carbohydrates: 34.15g (12.42%), Sugar: 27.73g (30.82%), Cholesterol: 16.96mg (5.65%), Sodium: 1945.46mg (84.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Vitamin K: 129.91µg (123.73%), Manganese: 2.08mg (104.19%), Vitamin C: 76.6mg (92.85%), Vitamin A: 3030.39IU (60.61%), Fiber: 9.34g (37.35%), Vitamin B2: 0.42mg (24.57%), Copper: 0.49mg (24.41%), Vitamin B6: 0.44mg (22.01%), Vitamin B1: 0.33mg (21.84%), Potassium: 760.57mg (21.73%), Magnesium: 76.39mg (19.1%), Folate: 73.87µg (18.47%), Phosphorus: 173.54mg (17.35%), Calcium: 163.55mg (16.35%), Zinc: 1.95mg (12.99%), Vitamin E: 1.93mg (12.84%), Iron: 2.16mg (12.02%), Vitamin B5: 0.96mg (9.56%), Vitamin B3: 1.1mg (5.51%), Selenium: 3.17µg (4.53%), Vitamin B12: 0.06µg (1.01%)