



Cabbage Sauté with Apples

READY IN



20 min.

SERVINGS



5

CALORIES



285 kcal

SIDE DISH

Ingredients

- 10 ounce angel hair slaw
- 0.3 cup apple juice
- 2 teaspoons butter
- 3 tablespoons cider vinegar
- 2 teaspoons dijon mustard
- 0.5 teaspoon fennel seeds
- 1 teaspoon thyme leaves fresh chopped
- 1.3 cups apples i use 2 granny smith apples cored chopped
- 0.5 teaspoon ground pepper white

- 2 teaspoons olive oil
- 1.3 cups onion red vertically sliced
- 0.5 teaspoons salt
- 1 teaspoon sugar

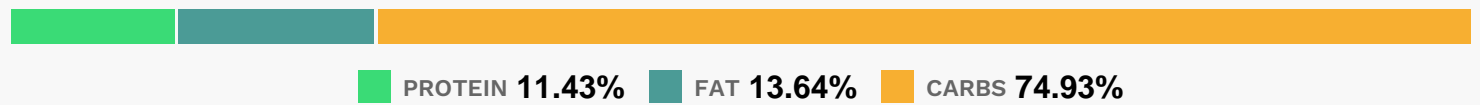
Equipment

- frying pan

Directions

- Heat butter and oil in a large nonstick skillet over medium-high heat until butter melts.
- Add onion and next 4 ingredients; saut 3 minutes or until onion is tender.
- Add apple and slaw; saut 2 minutes or until cabbage begins to wilt. Stir in apple juice and remaining ingredients. Bring to a boil; reduce heat to medium, and simmer 10 minutes or until liquid evaporates, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:75.77, Glycemic Load:20.16, Inflammation Score:-6, Nutrition Score:8.5556522165628%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

Nutrients (% of daily need)

Calories: 284.67kcal (14.23%), Fat: 4.3g (6.61%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 53.11g (17.7%), Net Carbohydrates: 49.57g (18.03%), Sugar: 8.52g (9.46%), Cholesterol: 4.3mg (1.43%), Sodium: 273.93mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.21%), Selenium: 36.77µg (52.52%), Manganese: 0.65mg (32.58%), Fiber: 3.54g (14.17%), Phosphorus: 128.18mg (12.82%), Copper: 0.2mg (9.9%), Magnesium: 39.28mg (9.82%), Vitamin B6: 0.15mg (7.38%), Potassium: 246.9mg (7.05%), Vitamin C: 5.24mg (6.35%), Zinc: 0.92mg (6.12%), Iron: 1.07mg (5.95%), Vitamin B1: 0.08mg (5.49%), Vitamin B3: 1.08mg (5.4%), Folate: 19.14µg (4.79%), Vitamin B2: 0.06mg (3.53%), Vitamin B5: 0.33mg (3.29%), Calcium: 31.05mg (3.11%), Vitamin E: 0.41mg (2.74%), Vitamin K: 2.04µg (1.94%), Vitamin A: 88.47IU (1.77%)