



Chestnut and Red Cabbage Sauté

 Vegetarian  Gluten Free

READY IN



26 min.

SERVINGS



9

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup chestnuts from a jar diced
- ☐ 1 teaspoon cider vinegar
- ☐ 1 cup mushrooms coarsely chopped
- ☐ 1 small onion diced
- ☐ 2 cups cabbage red coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar

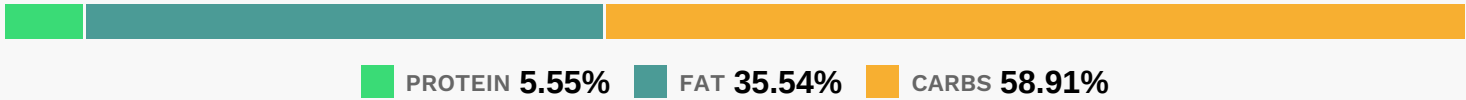
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat; add onion, and saut 3 minutes or until tender.
- ☐ Add mushrooms; saut 2 minutes.
- ☐ Add cabbage and chestnuts; saut 2 minutes. Stir in sugar and salt; cover and simmer 10 minutes or until cabbage is tender. Stir in vinegar.
- ☐ *Look for whole chestnuts sold in jars at Williams–Sonoma or other cook stores.

Nutrition Facts



Properties

Glycemic Index:33.9, Glycemic Load:4.98, Inflammation Score:-4, Nutrition Score:3.9073912443026%

Flavonoids

Cyanidin: 41.5mg, Cyanidin: 41.5mg, Cyanidin: 41.5mg, Cyanidin: 41.5mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 68.58kcal (3.43%), Fat: 2.8g (4.31%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 9.79g (3.56%), Sugar: 2.19g (2.43%), Cholesterol: 6.69mg (2.23%), Sodium: 155.74mg (6.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Vitamin C: 18.46mg (22.38%), Vitamin K: 7.8µg (7.43%), Vitamin A: 302.75IU (6.06%), Manganese: 0.12mg (5.91%), Vitamin B6: 0.12mg (5.89%), Copper: 0.11mg (5.35%), Potassium: 171.43mg (4.9%), Folate: 16.16µg (4.04%), Vitamin B2: 0.06mg (3.67%), Vitamin B3: 0.65mg (3.27%), Vitamin B1: 0.05mg (3.19%), Vitamin B5: 0.28mg (2.77%), Fiber: 0.65g (2.62%), Magnesium: 9.76mg (2.44%), Phosphorus: 24.19mg (2.42%), Iron: 0.38mg (2.11%), Selenium: 1.19µg (1.7%), Calcium: 14.9mg (1.49%), Zinc: 0.19mg (1.29%)