



Chinese braised red cabbage



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 1 large cabbage shredded red finely
- ☐ 3 pepper flakes red halved deseeded chopped
- ☐ 1 large piece ginger fresh peeled finely sliced
- ☐ 4 star anise
- ☐ 4 garlic clove chopped
- ☐ 75 ml rice vinegar
- ☐ 2 tbsp soya sauce
- ☐ 50 g sugar

- ☐ 4 spring onion finely sliced
- ☐ 4 servings sesame seed toasted
- ☐ 1 tbsp sesame oil

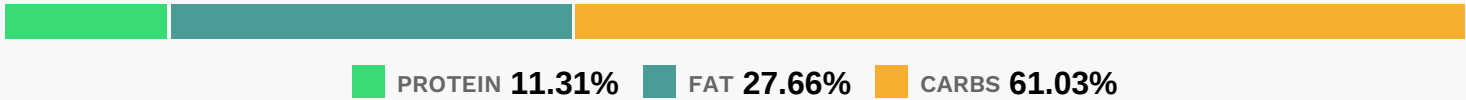
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Tip all the ingredients, except the spring onions, sesame seeds and oil, into a large pan with a lid, and bring to a simmer. Cook over a low heat for 25–30 mins until all the liquid has evaporated and continue to cook, stirring regularly, until the juices become really sticky and glaze the cabbage.
- ☐ Stir through half the spring onions and sesame seeds and pile into a bowl.
- ☐ Serve scattered with rest of the spring onions and sesame seeds and drizzled with the sesame oil.

Nutrition Facts



Properties

Glycemic Index:82.27, Glycemic Load:15.53, Inflammation Score:-10, Nutrition Score:27.74999989634%

Flavonoids

Cyanidin: 594.87mg, Cyanidin: 594.87mg, Cyanidin: 594.87mg, Cyanidin: 594.87mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 248.41kcal (12.42%), Fat: 8.33g (12.82%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 41.39g (13.8%), Net Carbohydrates: 33.36g (12.13%), Sugar: 25.65g (28.5%), Cholesterol: 0mg (0%), Sodium: 586.55mg (25.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Vitamin C: 213.58mg (258.89%), Vitamin K: 138.39µg (131.8%), Vitamin A: 3608.9IU (72.18%), Manganese: 1.1mg (55.09%), Vitamin B6: 0.9mg (44.92%), Fiber: 8.03g (32.13%), Potassium: 921.58mg (26.33%), Iron: 4.61mg (25.64%), Calcium: 234.25mg (23.42%), Copper: 0.46mg (23.23%), Magnesium: 90.61mg (22.65%), Vitamin B1: 0.29mg (19.38%), Folate: 76.24µg (19.06%), Phosphorus: 176.42mg (17.64%), Vitamin B2: 0.28mg (16.29%), Vitamin B3: 2.45mg (12.25%), Zinc: 1.51mg (10.09%), Selenium: 5.43µg (7.76%), Vitamin B5: 0.56mg (5.61%), Vitamin E: 0.69mg (4.58%)