



Christmas spiced red cabbage



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large cabbage red (1kg 2lb 4oz)
- ☐ 25 g butter
- ☐ 2 onion red finely chopped
- ☐ 1 orange zest finely grated
- ☐ 1 cinnamon sticks
- ☐ 150 ml port wine
- ☐ 1 tbsp red wine vinegar

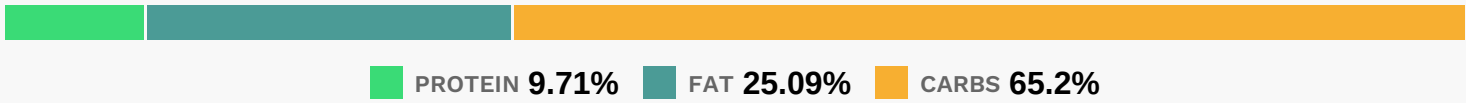
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Peel off the outer leaves of the cabbage, then cut into quarters and slice out the core. Use a sharp knife or the slicing attachment of a food processor to thinly slice the cabbage.
- ☐ Heat the butter in a large saucepan, then tip in the onions and gently fry until softened, about 5 mins.
- ☐ Add the orange zest to the pan along with the cinnamon stick, then cook for 1 min more.
- ☐ Add the shredded cabbage, then pour over the port, red wine vinegar, orange juice and 150ml water. Bring up to the boil, then reduce the heat to a simmer, cover the pan and cook for 45 mins–1 hr until the cabbage is softened.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:2.96, Inflammation Score:-9, Nutrition Score:13.756956425698%

Flavonoids

Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Malvidin: 18.04mg, Malvidin: 18.04mg, Malvidin: 18.04mg, Malvidin: 18.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 110.67kcal (5.53%), Fat: 2.8g (4.3%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 12.52g (4.55%), Sugar: 8.09g (8.98%), Cholesterol: 6.72mg (2.24%), Sodium: 61.42mg (2.67%), Alcohol: 2.91g (100%), Alcohol %: 1.89% (100%), Protein: 2.43g (4.87%), Vitamin C: 84.9mg (102.91%), Vitamin K: 54.61µg (52.01%), Vitamin A: 1668.16IU (33.36%), Manganese: 0.48mg (23.99%), Vitamin B6: 0.33mg (16.63%), Fiber: 3.84g (15.34%), Potassium: 408.64mg (11.68%), Calcium: 79.29mg (7.93%), Folate: 31.31µg (7.83%), Vitamin B1: 0.11mg (7.26%), Iron: 1.29mg (7.19%), Magnesium: 27.87mg (6.97%), Vitamin B2: 0.11mg (6.54%), Phosphorus: 53.71mg (5.37%), Vitamin B3: 0.69mg (3.43%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.39mg (2.58%), Copper: 0.05mg (2.32%), Vitamin E: 0.25mg (1.65%), Selenium: 1.14µg (1.63%)