



Cider-Braised Cabbage



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon cider vinegar
- ☐ 1 cup regular cider hard
- ☐ 8 cups cabbage green sliced
- ☐ 2 cups onion sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons whole-grain mustard

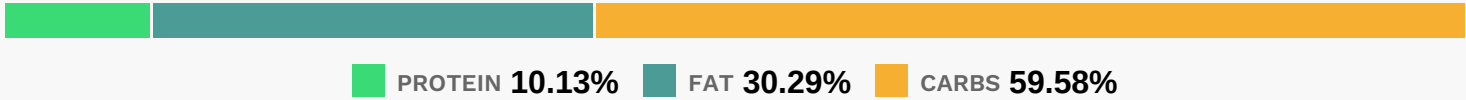
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add canola oil; swirl to coat.
- ☐ Add onion; saut 2 minutes.
- ☐ Add cabbage, cider, mustard, and salt, tossing to combine. Cook, covered, 5 minutes. Uncover and cook 8 minutes or until cabbage wilts, stirring occasionally. Stir in vinegar.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:2.48, Inflammation Score:-6, Nutrition Score:9.3630436036898%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg

Nutrients (% of daily need)

Calories: 85kcal (4.25%), Fat: 2.65g (4.08%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 8.27g (3.01%), Sugar: 6.37g (7.08%), Cholesterol: 0mg (0%), Sodium: 172.53mg (7.5%), Alcohol: 1.97g (100%), Alcohol %: 1.27% (100%), Protein: 1.99g (3.99%), Vitamin K: 72.89µg (69.41%), Vitamin C: 38.13mg (46.21%), Fiber: 3.45g (13.82%), Folate: 50.62µg (12.65%), Manganese: 0.25mg (12.27%), Vitamin B6: 0.18mg (9.16%), Potassium: 245.88mg (7.03%), Vitamin B1: 0.09mg (6.06%), Calcium: 52.99mg (5.3%), Magnesium: 19.06mg (4.77%), Phosphorus: 45.33mg (4.53%), Vitamin E: 0.58mg (3.84%), Iron: 0.64mg (3.53%), Vitamin B2: 0.05mg (3.24%), Selenium: 2.25µg (3.21%), Vitamin B5: 0.28mg (2.78%), Copper: 0.04mg (2.13%), Zinc: 0.29mg (1.95%), Vitamin A: 96.08IU (1.92%), Vitamin B3: 0.31mg (1.54%)