



Cider-braised cabbage & leek hotpot



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 50 g butter
- ☐ 4 leek washed sliced
- ☐ 1 large savoy cabbage shredded
- ☐ 200 ml cider dry

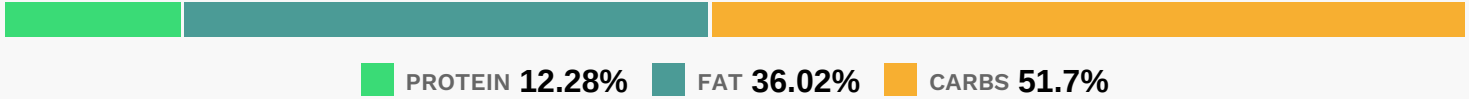
Equipment

- ☐ frying pan

Directions

☐ Melt the butter in a large pan, tip in the leeks and sweat for 5 mins, stirring to break up, until they soften. Stir in the cabbage, then pour over the cider. Turn up the heat and wilt the cabbage for a few mins. Season, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:3.4, Inflammation Score:-9, Nutrition Score:18.750869385574%

Flavonoids

Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 128.08kcal (6.4%), Fat: 5.37g (8.27%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 11.28g (4.1%), Sugar: 6.26g (6.95%), Cholesterol: 13.44mg (4.48%), Sodium: 97.68mg (4.25%), Alcohol: 1.25g (100%), Alcohol %: 0.64% (100%), Protein: 4.12g (8.24%), Vitamin K: 138.31µg (131.73%), Vitamin C: 58.04mg (70.35%), Vitamin A: 2598IU (51.96%), Folate: 164.67µg (41.17%), Manganese: 0.52mg (26%), Fiber: 6.07g (24.28%), Vitamin B6: 0.43mg (21.34%), Magnesium: 60.19mg (15.05%), Potassium: 472.6mg (13.5%), Vitamin B1: 0.15mg (9.73%), Iron: 1.62mg (8.98%), Phosphorus: 88.47mg (8.85%), Calcium: 87.25mg (8.73%), Copper: 0.16mg (7.94%), Vitamin E: 0.84mg (5.62%), Vitamin B2: 0.07mg (3.91%), Vitamin B5: 0.39mg (3.87%), Vitamin B3: 0.69mg (3.45%), Zinc: 0.52mg (3.45%), Selenium: 2.04µg (2.91%)