



Cider-Braised Red Cabbage

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup apple cider
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon caraway seeds
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 head cabbage red thinly sliced

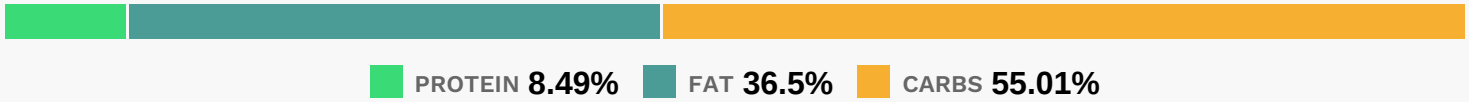
Equipment

- ☐ dutch oven

Directions

- ☐ Heat a heavy-bottomed Dutch oven over medium heat.
- ☐ Add the butter until melted.
- ☐ Add the caraway seeds and stir until fragrant, about 30 seconds.
- ☐ Add the cabbage in batches until slightly wilted, 5 minutes.
- ☐ Add the cider and vinegar and simmer for 15 minutes until the cabbage is soft and supple. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32.46, Glycemic Load:3.72, Inflammation Score:-9, Nutrition Score:12.862608650456%

Flavonoids

Cyanidin: 293.42mg, Cyanidin: 293.42mg, Cyanidin: 293.42mg, Cyanidin: 293.42mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 92.26kcal (4.61%), Fat: 4.1g (6.31%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 10.75g (3.91%), Sugar: 8.21g (9.12%), Cholesterol: 10.03mg (3.34%), Sodium: 69.14mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Vitamin C: 80.04mg (97.02%), Vitamin K: 53.91µg (51.34%), Vitamin A: 1679.21IU (33.58%), Manganese: 0.38mg (19.25%), Vitamin B6: 0.3mg (14.96%), Fiber: 3.15g (12.59%), Potassium: 378.37mg (10.81%), Calcium: 69.32mg (6.93%), Iron: 1.22mg (6.8%), Vitamin B1: 0.1mg (6.49%), Folate: 25.36µg (6.34%), Magnesium: 25.1mg (6.27%), Vitamin B2: 0.1mg (6.15%), Phosphorus: 47.39mg (4.74%), Vitamin B3: 0.62mg (3.11%), Vitamin B5: 0.23mg (2.27%), Zinc: 0.34mg (2.26%), Vitamin E: 0.27mg (1.83%), Copper: 0.03mg (1.59%), Selenium: 0.96µg (1.38%)