



Dinner Tonight: Red Cabbage Salad with Braeburn Apples and Spiced Pecans

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



455 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 tablespoon apple cider vinegar
- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon butter
- ☐ 1 pinch ground pepper
- ☐ 2.5 ounces cherries dried
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 medium fuji apple thinly sliced quartered

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup pecans
- ☐ 3 cups cabbage red thinly sliced
- ☐ 1 tablespoon seasoned rice vinegar
- ☐ 0.5 tablespoon worcestershire sauce

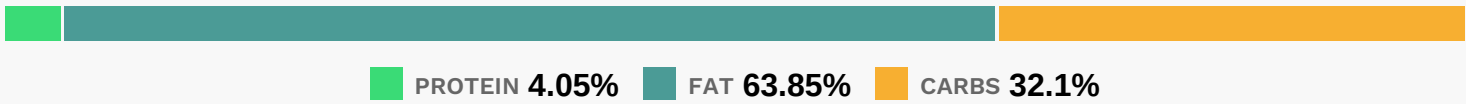
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Add the butter to a nonstick skillet set over medium-high heat. Toss in the pecans and cook for 1 minute, stirring occasionally. Turn heat to medium, and then dump in the brown sugar, Worcestershire sauce, and the cayenne. Stir occasionally, and cook for another minute. Then transfer to a foil lined sheet and let cool.
- ☐ Whisk together the rice vinegar, apple cider vinegar, and mustard in bowl. Slowly whisk in the oil. Season with salt and pepper to taste.
- ☐ Mix the sliced apples with the lemon juice in a large bowl.
- ☐ Add the cabbage, dried cherries, and the dressing. Toss well.
- ☐ Serve with the pecans and season with more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:150, Glycemic Load:6.79, Inflammation Score:-9, Nutrition Score:21.386521902097%

Flavonoids

Cyanidin: 294.92mg, Cyanidin: 294.92mg, Cyanidin: 294.92mg, Cyanidin: 294.92mg Delphinidin: 1.94mg, Delphinidin: 1.94mg, Delphinidin: 1.94mg, Delphinidin: 1.94mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg Catechin: 4.52mg, Catechin: 4.52mg, Catechin: 4.52mg, Catechin: 4.52mg Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg Epicatechin: 8.83mg, Epicatechin: 8.83mg, Epicatechin: 8.83mg, Epicatechin: 8.83mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.74mg, Epigallocatechin 3–gallate: 0.74mg, Epigallocatechin 3–gallate: 0.74mg, Epigallocatechin 3–gallate: 0.74mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 454.61kcal (22.73%), Fat: 34.36g (52.85%), Saturated Fat: 4.82g (30.13%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 30.66g (11.15%), Sugar: 26.57g (29.52%), Cholesterol: 5.38mg (1.79%), Sodium: 124.43mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Vitamin C: 86.53mg (104.89%), Manganese: 1.52mg (75.98%), Vitamin K: 63.31µg (60.3%), Vitamin A: 1663.51IU (33.27%), Fiber: 8.2g (32.79%), Vitamin B6: 0.39mg (19.69%), Copper: 0.38mg (19%), Potassium: 658.14mg (18.8%), Vitamin B1: 0.28mg (18.75%), Vitamin E: 2.79mg (18.6%), Magnesium: 62.29mg (15.57%), Phosphorus: 132.17mg (13.22%), Iron: 2.32mg (12.87%), Zinc: 1.5mg (10.02%), Calcium: 99.79mg (9.98%), Vitamin B2: 0.17mg (9.91%), Folate: 35.74µg (8.93%), Vitamin B5: 0.56mg (5.6%), Vitamin B3: 1.04mg (5.2%), Selenium: 2.34µg (3.34%)