



Drunken Cabbage

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound bacon smoked diced
- 2 tablespoons caraway seeds
- 3 tablespoons coarse mustard
- 1 onion thinly sliced
- 1 head cabbage red cored sliced
- 8 servings salt and pepper
- 2 tablespoons sugar
- 12 ounces light-bodied wheat beer

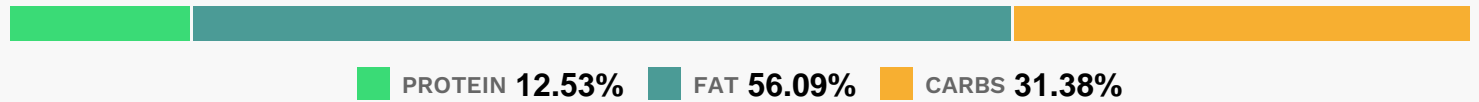
Equipment

sauce pan

Directions

- Serving suggestions: serve this hot or cold, as a side for chicken or pork.
- In a large saucepan, cook the bacon over low heat.
- Add the onions and sweat for 2 minutes.
- Add remaining ingredients and season. Cook until cabbage is tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:25.2, Glycemic Load:4.78, Inflammation Score:-8, Nutrition Score:12.493478204893%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 194.49kcal (9.72%), Fat: 11.85g (18.23%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 11.67g (4.24%), Sugar: 7.68g (8.54%), Cholesterol: 18.71mg (6.24%), Sodium: 474.19mg (20.62%), Alcohol: 1.66g (100%), Alcohol %: 1.05% (100%), Protein: 5.96g (11.92%), Vitamin C: 61.13mg (74.1%), Vitamin K: 40.2µg (38.29%), Vitamin A: 1190.61IU (23.81%), Vitamin B6: 0.34mg (17%), Manganese: 0.32mg (16.13%), Fiber: 3.25g (12.99%), Selenium: 8.76µg (12.52%), Vitamin B1: 0.17mg (11.35%), Potassium: 371.34mg (10.61%), Phosphorus: 96.82mg (9.68%), Vitamin B3: 1.9mg (9.49%), Magnesium: 30.68mg (7.67%), Iron: 1.33mg (7.38%), Vitamin B2: 0.12mg (7.04%), Calcium: 67.5mg (6.75%), Folate: 24.59µg (6.15%), Zinc: 0.71mg (4.75%), Vitamin B5: 0.36mg (3.63%), Copper: 0.06mg (2.77%), Vitamin B12: 0.15µg (2.5%), Vitamin E: 0.3mg (1.98%)