



WHATSheATE



Ensalada de Repollo Morado y Manzana (Purple Cabbage and Apple Salad)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 small purple cabbage shredded
- ☐ 3 apples diced red peeled
- ☐ 8 servings salt and pepper to taste
- ☐ 0.3 cup sugar
- ☐ 1 cup water hot
- ☐ 0.5 cup onion white finely chopped

☐ 0.3 cup vinegar white

Equipment

☐ frying pan

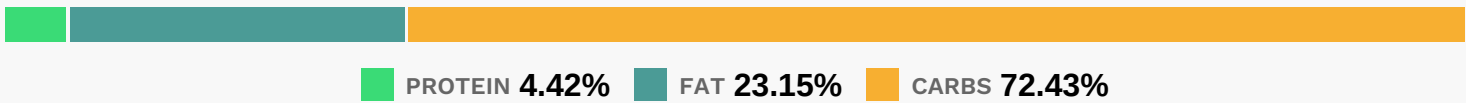
☐ sauce pan

☐ pot

Directions

- ☐ Place the cabbage and hot water in a pot. Cover and let sit for 15 minutes.
- ☐ Drain and set aside.Melt the butter in a sauce pan and add the onions. Cook for about 7 minutes or until onions are tender.
- ☐ Add the apples and cook for 3 minutes more stirring often.
- ☐ Add the cabbage, vinegar, salt, pepper and sugar. Stir well and cover the pan. Cook for about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:32.64, Glycemic Load:8.26, Inflammation Score:-7, Nutrition Score:7.7299998211472%

Flavonoids

Cyanidin: 149.79mg, Cyanidin: 149.79mg, Cyanidin: 149.79mg, Cyanidin: 149.79mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 112.53kcal (5.63%), Fat: 3.1g (4.77%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 18.51g (6.73%), Sugar: 16.48g (18.31%), Cholesterol: 7.53mg (2.51%), Sodium: 238.27mg (10.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin C: 44.28mg (53.67%), Vitamin K: 28.86µg (27.49%), Vitamin A: 915.48IU (18.31%), Fiber: 3.3g (13.19%), Manganese: 0.22mg (10.78%), Vitamin B6: 0.19mg (9.41%), Potassium: 261.07mg (7.46%), Vitamin B2: 0.07mg (4.22%), Folate: 16.81µg (4.2%), Vitamin B1: 0.06mg (4.12%), Calcium: 40.84mg (4.08%), Magnesium: 16.23mg (4.06%), Iron: 0.68mg (3.77%), Phosphorus: 32.94mg (3.29%), Copper: 0.04mg (2.02%), Vitamin E: 0.28mg (1.89%), Vitamin B3: 0.37mg (1.86%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.21mg (1.39%)