



German-Style Sweet and Sour Red Cabbage Soup

 Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



308 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices smoky bacon very thinly sliced chopped
- ☐ 6 servings pepper black freshly ground
- ☐ 1 braeburn firm finely chopped
- ☐ 1 large carrots peeled finely chopped
- ☐ 6 cups chicken stock see
- ☐ 1 small cinnamon sticks
- ☐ 1.5 teaspoons cumin seed

- ☐ 2 tablespoons brown sugar dark
- ☐ 2 bay leaves fresh
- ☐ 5 to 6 juniper berries
- ☐ 6 servings kosher salt
- ☐ 6 servings nutmeg freshly grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 large onion finely chopped
- ☐ 6 servings curl orange rind
- ☐ 1.5 pounds cabbage red cored very thinly sliced quartered
- ☐ 0.3 cup red-wine vinegar

Equipment

- ☐ pot
- ☐ dutch oven
- ☐ cheesecloth
- ☐ kitchen twine

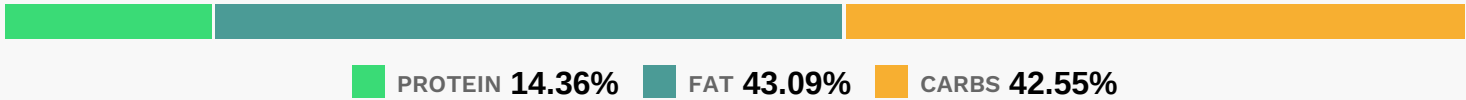
Directions

- ☐ Serve with grilled Swiss or extra-sharp white Cheddar cheese on pumpernickel or whole grain bread.;
- ☐ Heat a large Dutch oven or soup pot over medium-high heat.
- ☐ Add 1 tablespoon extra-virgin olive oil, and bacon. Brown and crisp bacon and remove to a plate, draining off some fat if you have more than enough to lightly coat the bottom of the pot.
- ☐ Add the onions, carrots, caraway, and apples, and stir a few minutes. Then wilt in the cabbage and season with black pepper and some freshly grated nutmeg. Cover with the lid slightly ajar and wilt cabbage while you prepare the sachet. Fill the cheesecloth with the juniper berries, cloves, bay leaves, orange rind, and cinnamon, and use kitchen twine to tie it to the side of the pot. Drop it into the pot and stir into the cabbage.
- ☐ Add the vinegar, keeping your head back from the hot pot, brown sugar, stock, and water, and bring the soup to a boil. Reduce heat and simmer 1 to 1 1/2 hours, until cabbage is very tender

and soup has thickened. Stir the bacon bits back in, then adjust the salt to your taste.

☐ Cool and store for a make-ahead meal, or serve with grilled cheese sandwiches.

Nutrition Facts



Properties

Glycemic Index:48.31, Glycemic Load:4.38, Inflammation Score:-10, Nutrition Score:21.082608614279%

Flavonoids

Cyanidin: 238.42mg, Cyanidin: 238.42mg, Cyanidin: 238.42mg, Cyanidin: 238.42mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 307.96kcal (15.4%), Fat: 15.12g (23.26%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 27.64g (10.05%), Sugar: 17.43g (19.37%), Cholesterol: 21.72mg (7.24%), Sodium: 726.1mg (31.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.68%), Vitamin C: 85.53mg (103.67%), Vitamin A: 3365.58IU (67.31%), Vitamin K: 47.93µg (45.64%), Manganese: 0.56mg (27.89%), Vitamin B3: 5.5mg (27.48%), Vitamin B6: 0.53mg (26.54%), Fiber: 5.95g (23.82%), Potassium: 736.53mg (21.04%), Vitamin B2: 0.34mg (19.75%), Vitamin B1: 0.27mg (17.77%), Phosphorus: 156.09mg (15.61%), Selenium: 10.78µg (15.4%), Iron: 2.25mg (12.5%), Folate: 45.67µg (11.42%), Magnesium: 45.39mg (11.35%), Copper: 0.22mg (11.18%), Calcium: 109.24mg (10.92%), Zinc: 1.04mg (6.96%), Vitamin E: 0.83mg (5.52%), Vitamin B5: 0.44mg (4.38%), Vitamin B12: 0.11µg (1.83%)