



Gina's BBQ Cabbage

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 3 slices bacon chopped
- ☐ 0.3 cup neely's bbq sauce
- ☐ 1 tablespoons butter
- ☐ 1.5 cups chicken broth
- ☐ 2 granny smith apples cored peeled sliced
- ☐ 2.5 pounds cabbage shredded red cored
- ☐ 1 onion red sliced

☐ 4 servings salt and pepper black freshly ground

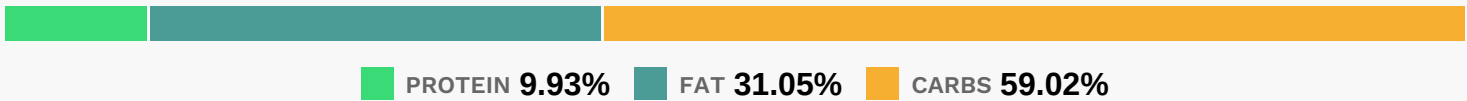
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook the bacon in a large saucepan over medium-low heat until the fat has started to render but the bacon is not yet crisp.
- ☐ Add the red onions, apples, salt and pepper, to taste.
- ☐ Saute until the mixture softens, about 5 minutes.
- ☐ Add the cabbage and stir until it begins to soften and wilt down; season again with salt and pepper, to taste.
- ☐ Add the chicken broth and the apple cider vinegar and reduce over medium-low heat. Cover and stir occasionally until the cabbage is tender.
- ☐ Once cabbage is cooked, remove the lid and add the Neely's BBQ sauce. Turn heat to medium and let the liquid reduce until it's nice and syrupy.
- ☐ Transfer to a serving bowl and top with pat of butter.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:8.76, Inflammation Score:-10, Nutrition Score:24.582608469155%

Flavonoids

Cyanidin: 596.29mg, Cyanidin: 596.29mg, Cyanidin: 596.29mg, Cyanidin: 596.29mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg

Nutrients (% of daily need)

Calories: 280.57kcal (14.03%), Fat: 10.32g (15.88%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 44.16g (14.72%), Net Carbohydrates: 35.37g (12.86%), Sugar: 27.88g (30.98%), Cholesterol: 20.18mg (6.73%), Sodium: 722.36mg (31.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.85%), Vitamin C: 167.92mg (203.54%), Vitamin K: 111.14µg (105.85%), Vitamin A: 3349.42IU (66.99%), Manganese: 0.88mg (44.17%), Vitamin B6: 0.72mg (36.03%), Fiber: 8.79g (35.16%), Potassium: 933.12mg (26.66%), Vitamin B1: 0.28mg (18.53%), Vitamin B2: 0.3mg (17.85%), Calcium: 152.28mg (15.23%), Iron: 2.73mg (15.16%), Folate: 59.46µg (14.87%), Magnesium: 59.08mg (14.77%), Phosphorus: 136.48mg (13.65%), Vitamin B3: 2.27mg (11.33%), Selenium: 5.8µg (8.29%), Zinc: 1.01mg (6.71%), Vitamin B5: 0.64mg (6.4%), Copper: 0.12mg (5.97%), Vitamin E: 0.81mg (5.42%), Vitamin B12: 0.11µg (1.77%)