



How We Celebrate Autumn (and a for Cider-braised Cabbage and Apples)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups apple cider sweet
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 medium apples cored sliced thin (and)
- ☐ 1 bay leaf
- ☐ 1 medium head cabbage cored chopped (outer leaves removed, and)
- ☐ 2 tablespoons ghee
- ☐ 0.5 teaspoon unrefined sea salt

☐ 2 medium onions yellow peeled sliced thin (, and)

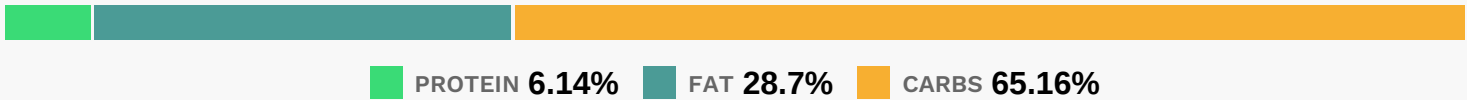
Equipment

☐ frying pan

Directions

- ☐ Melt the ghee in a large (12-inch) skillet over moderately high heat, then toss in sliced onion. Fry until translucent and a bit caramelized at the edges, 6 to 8 minutes. Stir in apples and fry until fragrant, a further 2 to 3 minutes. Reduce heat to medium, toss in chopped cabbage, stir well to bring the apples and onions to the surface, and cook for about 5 minutes.
- ☐ Pour cider into the cabbage and apples, and toss in the bay leaf. Simmer, uncovered, for 30 to 35 minutes or until the cabbage and apples are soften and the liquid is largely evaporated.
- ☐ Sprinkle the dish with sea salt and stir in the apple cider vinegar. Continue cooking over medium heat for a further 2 to 3 minutes, then serve.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:7.85, Inflammation Score:-6, Nutrition Score:13.979999977609%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.64mg, Quercetin: 10.64mg, Quercetin: 10.64mg, Quercetin: 10.64mg

Nutrients (% of daily need)

Calories: 156.09kcal (7.8%), Fat: 5.34g (8.22%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 21.31g (7.75%), Sugar: 18.4g (20.45%), Cholesterol: 12.8mg (4.27%), Sodium: 225.82mg (9.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin K: 116.49µg (110.95%), Vitamin C: 61.43mg (74.46%), Fiber: 5.99g (23.94%), Folate: 73.89µg (18.47%), Manganese: 0.37mg (18.43%), Vitamin B6: 0.27mg (13.37%), Potassium: 439.08mg (12.55%), Vitamin B1: 0.13mg (8.79%), Calcium: 77.94mg (7.79%), Magnesium: 28.08mg (7.02%), Phosphorus: 61.2mg (6.12%), Vitamin B2: 0.1mg (5.67%), Iron: 0.95mg (5.28%), Vitamin B5: 0.43mg (4.32%), Vitamin A: 183.42IU (3.67%), Copper: 0.07mg (3.36%), Zinc: 0.37mg (2.49%), Vitamin B3: 0.5mg (2.48%), Vitamin E: 0.35mg (2.33%)