



WHATSheATE



Mom's Sweet-and-Sour Red Cabbage



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 2 fuji apples cored peeled finely chopped
- ☐ 1 medium head cabbage red
- ☐ 3 tablespoons currant jelly red
- ☐ 2 tablespoons balsamic vinegar white
- ☐ 3 allspice whole
- ☐ 3 cloves whole

Equipment

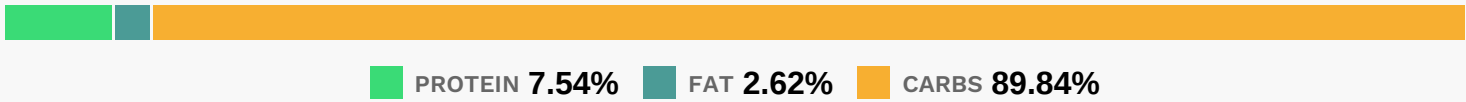
- ☐ sauce pan

- ☐ mandoline
- ☐ box grater
- ☐ microplane

Directions

- ☐ Using a box grater, mandoline, or a coarse Microplane grater, grate the cabbage. In a large saucepan, heat the oil over medium-high heat.
- ☐ Add the onion and sauté for 2 minutes.
- ☐ Lower the heat to medium; add the cabbage and apples and stir to combine.
- ☐ Add the juniper berries, allspice berries, cloves, bay leaf, salt, pepper, jelly, vinegar, sugar, and 1/2 cup (120ml) of water and stir to combine. Turn the heat to low, cover, and cook for 40 minutes, until the cabbage is tender.
- ☐ Remove the juniper berries, allspice berries, cloves, and bay leaf.
- ☐ Serve the cabbage hot or at room temperature. Refrigerate for up to 4 days. Leftovers can also be frozen in an airtight container for up to 1 month.
- ☐ Calories 202Fat 7.6gsat 1.3gmono 5.4gpoly 0.8gProtein 3.5gCarbohydrates 33gFiber 5gCholesterol 0mgIron 1.2mgSodium 180mgPotassium 472mgCalcium 106mg
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Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:6.57, Inflammation Score:-8, Nutrition Score:10.182173765224%

Flavonoids

Cyanidin: 220.77mg, Cyanidin: 220.77mg, Cyanidin: 220.77mg, Cyanidin: 220.77mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg 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: 0.59mg,

Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 80.74kcal (4.04%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 16.51g (6%), Sugar: 12.99g (14.43%), Cholesterol: 0mg (0%), Sodium: 32.22mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin C: 62.55mg (75.81%), Vitamin K: 41.12µg (39.16%), Vitamin A: 1195.24IU (23.9%), Manganese: 0.3mg (15.13%), Fiber: 3.4g (13.59%), Vitamin B6: 0.24mg (11.98%), Potassium: 314.56mg (8.99%), Iron: 0.97mg (5.37%), Calcium: 52.99mg (5.3%), Vitamin B2: 0.09mg (5.29%), Folate: 21.09µg (5.27%), Vitamin B1: 0.08mg (5.08%), Magnesium: 19.98mg (5%), Phosphorus: 38.73mg (3.87%), Vitamin B3: 0.48mg (2.42%), Copper: 0.04mg (1.95%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.26mg (1.72%), Vitamin E: 0.21mg (1.4%), Selenium: 0.78µg (1.12%)