



Mulled red cabbage with clementines



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 4 4 clementines (or satsumas or mandarins) whole (or satsumas or mandarins)
- ☐ 15 cloves
- ☐ 700 g cabbage shredded red chunk finely
- ☐ 2 onions red chopped
- ☐ 200 ml red wine vinegar
- ☐ 140 g brown sugar
- ☐ 1 tsp spice mixed

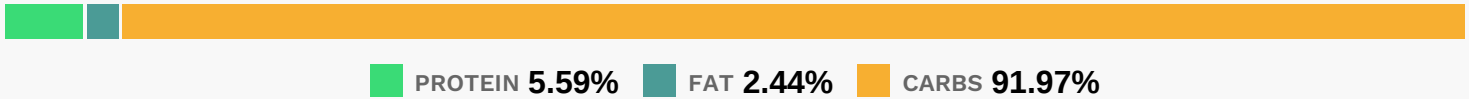
Equipment

☐ sauce pan

Directions

- ☐ Stud the whole clementine with the cloves and set aside.
- ☐ Mix the remaining ingredients in a big saucepan or flameproof casserole. Cover and cook for 30 mins, then snuggle in the studded clementine, cover again and cook for 30 mins more until the cabbage is tender. Season and eat hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:5.56, Inflammation Score:-9, Nutrition Score:14.776086999022%

Flavonoids

Cyanidin: 244.8mg, Cyanidin: 244.8mg, Cyanidin: 244.8mg, Cyanidin: 244.8mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Hesperetin: 4.66mg, Hesperetin: 4.66mg, Hesperetin: 4.66mg, Hesperetin: 4.66mg Naringenin: 5.88mg, Naringenin: 5.88mg, Naringenin: 5.88mg, Naringenin: 5.88mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 179.5kcal (8.98%), Fat: 0.51g (0.79%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 43.37g (14.46%), Net Carbohydrates: 39.02g (14.19%), Sugar: 34.91g (38.79%), Cholesterol: 0mg (0%), Sodium: 44.93mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.27%), Vitamin C: 85.12mg (103.18%), Vitamin K: 45.52µg (43.35%), Manganese: 0.74mg (36.88%), Vitamin A: 1703.92IU (34.08%), Fiber: 4.35g (17.39%), Vitamin B6: 0.35mg (17.32%), Potassium: 485.9mg (13.88%), Calcium: 109.46mg (10.95%), Folate: 37.79µg (9.45%), Magnesium: 34.57mg (8.64%), Iron: 1.54mg (8.56%), Vitamin B1: 0.13mg (8.45%), Vitamin B2: 0.11mg (6.65%), Phosphorus: 61.91mg (6.19%), Vitamin B3: 0.79mg (3.96%), Copper: 0.08mg (3.83%), Vitamin B5: 0.38mg (3.77%), Zinc: 0.4mg (2.64%), Vitamin E: 0.3mg (2.02%), Selenium: 1.29µg (1.84%)