



## My Grandma's Braised Cabbage

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup apple cider vinegar
- 1 tablespoon brown sugar
- 2 tablespoons butter
- 0.3 cup red wine
- 6 servings salt and pepper freshly ground
- 1 baking apples are apples that have a sweet-tart balance and hold their shape when grated peeled
- 0.3 cup water
- 1 onion yellow with the grain sliced

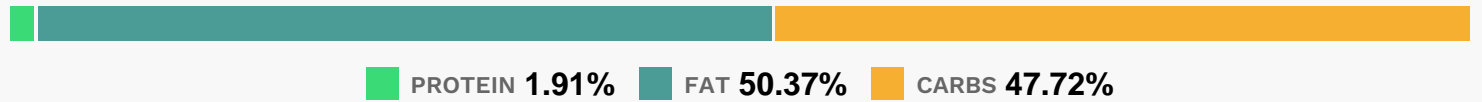
# Equipment

dutch oven

# Directions

- In a medium pot or Dutch oven, cook the onions in the butter over medium heat until softened, about 5 minutes.
- Add the cabbage and cook, stirring, for a few minutes.
- Add the apple, brown sugar, wine, vinegar, and water, and bring up to a simmer, stirring. Cover and braise for 30 minutes, stirring once and checking on the texture. Cook a little less for a firmer cabbage; a little more for softer cabbage.
- Add a small splash of cider vinegar just before serving.

# Nutrition Facts



# Properties

Glycemic Index:27.33, Glycemic Load:1.56, Inflammation Score:-2, Nutrition Score:1.34565215655%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 74.76kcal (3.74%), Fat: 3.85g (5.93%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 7.18g (2.61%), Sugar: 5.98g (6.64%), Cholesterol: 10.03mg (3.34%), Sodium: 226.78mg (9.86%), Alcohol: 1.06g (100%), Alcohol %: 1.57% (100%), Protein: 0.33g (0.66%), Fiber: 1.04g (4.16%), Manganese: 0.07mg (3.7%), Vitamin C: 2.75mg (3.34%), Vitamin A: 133.57IU (2.67%), Potassium: 83.01mg (2.37%), Vitamin B6: 0.04mg (2.05%), Magnesium: 5.42mg (1.36%), Phosphorus: 12.95mg (1.29%), Folate: 4.65µg (1.16%), Vitamin E: 0.17mg (1.11%), Calcium: 10.73mg (1.07%), Vitamin K: 1.11µg (1.05%), Vitamin B2: 0.02mg (1.03%)