



Pickled red cabbage



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



2062 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 500 g cabbage shredded red finely
- ☐ 140 g sea salt
- ☐ 500 ml apple cider vinegar
- ☐ 200 ml red wine
- ☐ 400 g granulated sugar
- ☐ 2 tsp peppercorns black
- ☐ 6 bay leaves
- ☐ 2 tbsp mustard seeds yellow

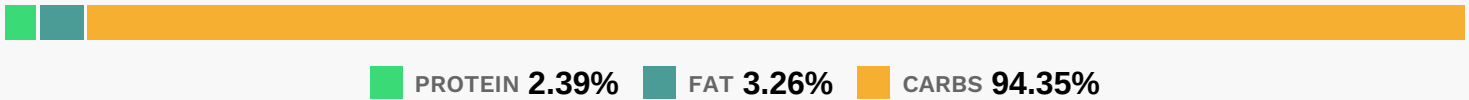
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Place the shredded cabbage in a colander over the sink and sprinkle with salt. Leave for 2-3 hours, then drain and wash away the salt. Pat dry with a clean tea towel.
- ☐ Put the vinegar, wine, sugar, peppercorns and bay leaves into a big, wide saucepan and simmer until the liquid has reduced by about half. Set aside for 10 mins to infuse.
- ☐ Strain through a fine sieve into a jug or bowl, and discard the peppercorns and bay leaves.
- ☐ Put the cabbage and mustard seeds into a big bowl, and then pour the strained liquid over.
- ☐ Transfer the cabbage and pickling liquid into sterilised jars and seal. Will last for a month in the fridge.

Nutrition Facts



Properties

Glycemic Index:189.09, Glycemic Load:291.44, Inflammation Score:-10, Nutrition Score:41.841304115627%

Flavonoids

Cyanidin: 1049.54mg, Cyanidin: 1049.54mg, Cyanidin: 1049.54mg, Cyanidin: 1049.54mg Petunidin: 4.02mg, Petunidin: 4.02mg, Petunidin: 4.02mg, Petunidin: 4.02mg Delphinidin: 4.58mg, Delphinidin: 4.58mg, Delphinidin: 4.58mg, Delphinidin: 4.58mg Malvidin: 28.08mg, Malvidin: 28.08mg, Malvidin: 28.08mg, Malvidin: 28.08mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 2.54mg, Peonidin: 2.54mg, Peonidin: 2.54mg, Peonidin: 2.54mg Catechin: 14.49mg, Catechin: 14.49mg, Catechin: 14.49mg, Catechin: 14.49mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 7.69mg, Epicatechin: 7.69mg, Epicatechin: 7.69mg, Epicatechin: 7.69mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 3.59mg, Naringenin: 3.59mg, Naringenin: 3.59mg, Naringenin: 3.59mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 2061.5kcal (103.07%), Fat: 6.98g (10.74%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 454.86g (151.62%), Net Carbohydrates: 440.44g (160.16%), Sugar: 422.54g (469.49%), Cholesterol: 0mg (0%), Sodium: 54437.11mg (2366.83%), Alcohol: 21.51g (100%), Alcohol %: 1.54% (100%), Protein: 11.54g (23.08%), Vitamin C: 286.17mg (346.88%), Manganese: 4.38mg (218.81%), Vitamin K: 206.9µg (197.05%), Vitamin A: 5673.21IU (113.46%), Vitamin B6: 1.25mg (62.34%), Potassium: 2073.7mg (59.25%), Fiber: 14.42g (57.69%), Iron: 8.88mg (49.32%), Magnesium: 193.39mg (48.35%), Selenium: 33.12µg (47.31%), Calcium: 391.69mg (39.17%), Phosphorus: 355.98mg (35.6%), Vitamin B2: 0.54mg (31.48%), Vitamin B1: 0.44mg (29.41%), Folate: 115.02µg (28.75%), Copper: 0.42mg (20.93%), Zinc: 2.66mg (17.73%), Vitamin B3: 3.25mg (16.27%), Vitamin B5: 1.02mg (10.21%), Vitamin E: 1.28mg (8.54%)