



Pork Sausage Patties With Braised Cabbage and Apples

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 3 small apples such as granny smith or pink lady, peeled, cored, and cut into slices lengthwise (3 1/2 cups)
- 5 cups cabbage green cored sliced
- 1 teaspoon caraway seeds
- 0.3 cup optional: dill fresh chopped
- 1 tablespoon wine dry
- 3 teaspoons garlic clove minced

- 1.5 pounds ground pork
- 4 servings pepper black freshly ground
- 1 teaspoon ground mustard
- 1.5 cups onion thinly sliced
- 0.5 teaspoon pepper red crushed
- 0.5 cup shallots minced
- 1 tablespoon sugar
- 2 tablespoons butter unsalted
- 1 teaspoon vegetable oil

Equipment

- bowl
- frying pan
- oven
- microwave
- dutch oven

Directions

- Combine pork, shallot, garlic, fennel seeds, red pepper, sherry, and plenty of salt and pepper in a large bowl. Using your hands, knead to combine. Break off a teaspoon-sized piece and either microwave on a plate for 15 seconds or cook in a small skillet until cooked through to taste for seasoning.
- Add more salt and pepper as necessary, then shape meat into 8 even 1-inch thick patties. Set aside.
- Heat butter in a Dutch oven over medium heat until foaming.
- Add onion and apples and cook, stirring, until slightly wilted, about 5 minutes.
- Add cabbage, vinegar, sugar, caraway and salt and pepper to taste, stir to combine, and cover. Reduce heat to low and cook, stirring occasionally, until cabbage has softened, about 20 minutes.

- While cabbage is cooking, cook sausage patties: adjust oven rack to middle position and preheat oven to 350°F.
- Heat vegetable oil in a large cast iron skillet over medium heat until shimmering. Cook, turning once, until well-browned on both sides, about 12 minutes.
- Transfer skillet to oven to cook sausage through, about 8 minutes more.
- To serve, stir dill into cabbage and arrange on a platter with sausage patties.

Nutrition Facts

PROTEIN 19.35% **FAT 59.09%** **CARBS 21.56%**

Properties

Glycemic Index:83.77, Glycemic Load:10.17, Inflammation Score:-8, Nutrition Score:29.606087132641%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.44mg, Epicatechin: 8.44mg, Epicatechin: 8.44mg, Epicatechin: 8.44mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 18.57mg, Quercetin: 18.57mg, Quercetin: 18.57mg, Quercetin: 18.57mg

Nutrients (% of daily need)

Calories: 658.74kcal (32.94%), Fat: 43.56g (67.02%), Saturated Fat: 17.27g (107.94%), Carbohydrates: 35.76g (11.92%), Net Carbohydrates: 28.45g (10.35%), Sugar: 22.44g (24.93%), Cholesterol: 137.52mg (45.84%), Sodium: 125.88mg (5.47%), Alcohol: 0.39g (100%), Alcohol %: 0.1% (100%), Protein: 32.1g (64.2%), Vitamin B1: 1.38mg (91.75%), Vitamin K: 72.5µg (69.05%), Selenium: 44.34µg (63.34%), Vitamin C: 48.5mg (58.79%), Vitamin B6: 1.02mg (51.23%), Vitamin B3: 7.95mg (39.77%), Phosphorus: 384.08mg (38.41%), Vitamin B2: 0.51mg (29.78%), Fiber: 7.31g (29.23%), Zinc: 4.3mg (28.68%), Potassium: 1000.1mg (28.57%), Manganese: 0.49mg (24.69%), Vitamin B12: 1.2µg (20.04%), Folate: 76.61µg (19.15%), Magnesium: 67.37mg (16.84%), Iron: 2.96mg (16.46%), Vitamin B5: 1.59mg (15.92%), Vitamin A: 638.88IU (12.78%), Calcium: 109.06mg (10.91%), Copper: 0.2mg (9.87%), Vitamin E: 0.75mg (4.98%)