

Quick-Braised Red Cabbage and Apple

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients

- 0.5 cup apple cider
- 1.5 tablespoons apple cider vinegar
- 0.5 teaspoon caraway seeds
- 1 fuji apple cored cut into 1/2-inch cubes
- 1 garlic clove smashed
- 2 lb cabbage red cored cut into 1 1/2-inch pieces
- 3 tablespoons butter unsalted
- 2 allspice whole crushed

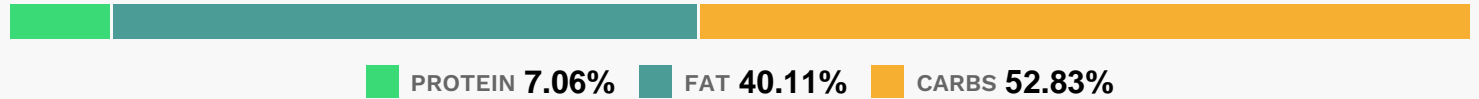
Equipment

frying pan

Directions

- Cook garlic in butter in a 12-inch heavy skillet over medium heat, stirring, 1 minute.
- Add cabbage, apple, cider, caraway, allspice (if using), 1 teaspoon salt, and 1/2 teaspoon pepper and cook, covered, stirring occasionally, until cabbage is tender, 15 to 18 minutes.
- Add vinegar and cook, uncovered, stirring occasionally, until liquid has evaporated, 2 to 3 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:47.44, Glycemic Load:6.91, Inflammation Score:-10, Nutrition Score:18.944347829922%

Flavonoids

Cyanidin: 476.61mg, Cyanidin: 476.61mg, Cyanidin: 476.61mg, Cyanidin: 476.61mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.82mg, Epicatechin: 4.82mg, Epicatechin: 4.82mg, Epicatechin: 4.82mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 186.08kcal (9.3%), Fat: 9.04g (13.91%), Saturated Fat: 5.46g (34.15%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 20.76g (7.55%), Sugar: 16.29g (18.1%), Cholesterol: 22.58mg (7.53%), Sodium: 64.51mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Vitamin C: 131.94mg (159.93%), Vitamin K: 88.38µg (84.18%), Vitamin A: 2819.55IU (56.39%), Manganese: 0.62mg (31.03%), Vitamin B6: 0.51mg (25.43%), Fiber: 6.04g (24.14%), Potassium: 643.13mg (18.38%), Calcium: 113.47mg (11.35%), Iron: 1.97mg (10.97%), Vitamin B1:

0.16mg (10.81%), Folate: 42.57µg (10.64%), Vitamin B2: 0.18mg (10.51%), Magnesium: 41.43mg (10.36%), Phosphorus: 80.7mg (8.07%), Vitamin B3: 1.03mg (5.16%), Vitamin B5: 0.39mg (3.92%), Vitamin E: 0.58mg (3.9%), Zinc: 0.56mg (3.72%), Copper: 0.06mg (3.07%), Selenium: 1.64µg (2.34%), Vitamin D: 0.16µg (1.05%)