



WHATSheATE



Red and Napa Cabbage Salad with Braeburn Apples and Spiced Pecans

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 medium fuji apples cored unpeeled thinly sliced quartered
- ☐ 2 teaspoons butter
- ☐ 0.1 teaspoon cayenne pepper (scant)
- ☐ 5 ounces cherries dried
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons brown sugar

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups napa cabbage thinly sliced
- ☐ 0.3 cup olive oil
- ☐ 1 cup pecan halves
- ☐ 3 cups cabbage red thinly sliced
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Melt butter in nonstick medium skillet over medium-high heat.
- ☐ Add pecans and stir 1 minute.
- ☐ Add brown sugar, Worcestershire sauce, and cayenne; stir until nuts are coated, about 1 minute.
- ☐ Transfer nuts to foil sheet and cool.
- ☐ Whisk both vinegars and mustard in small bowl. Gradually whisk in oil. Season dressing to taste with salt and pepper. Do ahead Spiced pecans and dressing can be made 1 day ahead. Store pecans airtight at room temperature. Cover and chill dressing; bring to room temperature and rewhisk before using.
- ☐ Toss apples with lemon juice in large bowl.
- ☐ Add cabbages and dried cherries; mix.
- ☐ Add dressing and toss. Stir in pecans and season salad with salt and pepper.

Nutrition Facts



 **PROTEIN 3.81%**  **FAT 65.79%**  **CARBS 30.4%**

Properties

Glycemic Index:55.33, Glycemic Load:3.94, Inflammation Score:-7, Nutrition Score:12.256521776481%

Flavonoids

Cyanidin: 103.24mg, Cyanidin: 103.24mg, Cyanidin: 103.24mg, Cyanidin: 103.24mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 290.41kcal (14.52%), Fat: 22.55g (34.69%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 18.61g (6.77%), Sugar: 16.37g (18.19%), Cholesterol: 3.58mg (1.19%), Sodium: 73.21mg (3.18%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.94g (5.88%), Manganese: 0.95mg (47.66%), Vitamin C: 39.17mg (47.48%), Vitamin K: 35.88µg (34.18%), Fiber: 4.84g (19.35%), Vitamin A: 696.42IU (13.93%), Copper: 0.25mg (12.74%), Vitamin E: 1.8mg (11.97%), Vitamin B6: 0.23mg (11.42%), Vitamin B1: 0.17mg (11.28%), Potassium: 391.09mg (11.17%), Magnesium: 37.71mg (9.43%), Folate: 35.84µg (8.96%), Phosphorus: 82.13mg (8.21%), Iron: 1.27mg (7.03%), Calcium: 66.02mg (6.6%), Zinc: 0.96mg (6.42%), Vitamin B2: 0.09mg (5.55%), Vitamin B5: 0.33mg (3.35%), Vitamin B3: 0.61mg (3.05%), Selenium: 1.45µg (2.07%)