



Red Cabbage And Apples

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- 2 medium size baking apples cored peeled thinly sliced
- 2 tablespoons butter
- 0.3 cup cooking wine dry red
- 3 tablespoons juice of lemon
- 2 tablespoons onion finely chopped
- 1 medium size cabbage shredded red
- 1.5 teaspoons salt

Equipment

dutch oven

Directions

- Saut cabbage in butter in a large Dutch oven 10 minutes.
- Add apples, onion, wine, lemon juice, and salt; stir well. Cover and cook over low heat 1 1/2 hours, stirring occasionally.
- Serve mixture warm.

Nutrition Facts

 PROTEIN **7.25%**  FAT **29.49%**  CARBS **63.26%**

Properties

Glycemic Index:11.38, Glycemic Load:3.48, Inflammation Score:-8, Nutrition Score:10.321739129236%

Flavonoids

Cyanidin: 220.77mg, Cyanidin: 220.77mg, Cyanidin: 220.77mg, Cyanidin: 220.77mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 89.8kcal (4.49%), Fat: 3.08g (4.74%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 11.5g (4.18%), Sugar: 9g (10%), Cholesterol: 0mg (0%), Sodium: 497.96mg (21.65%), Alcohol: 0.79g (100%), Alcohol %: 0.58% (100%), Protein: 1.7g (3.4%), Vitamin C: 64.24mg (77.87%), Vitamin K: 41.07µg (39.12%), Vitamin A: 1320.56IU (26.41%), Manganese: 0.28mg (13.79%), Fiber: 3.35g (13.41%), Vitamin B6: 0.24mg (12.19%), Potassium: 314.54mg (8.99%), Folate: 21.88µg (5.47%), Calcium: 52.16mg (5.22%), Vitamin B1: 0.08mg (5.18%),

Vitamin B2: 0.09mg (5.12%), Iron: 0.91mg (5.04%), Magnesium: 19.76mg (4.94%), Phosphorus: 38.45mg (3.84%),
Vitamin B3: 0.49mg (2.44%), Vitamin E: 0.31mg (2.1%), Vitamin B5: 0.2mg (1.95%), Zinc: 0.26mg (1.71%), Copper:
0.03mg (1.62%)