



Red Cabbage and Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

Ingredients

- 2 bartlett pears
- 1 tablespoon juice of lemon
- 1 medium onion chopped
- 0.5 teaspoon pepper
- 1 medium head cabbage red chopped
- 0.8 teaspoon salt
- 1 tablespoon sugar
- 2 tablespoons vegetable oil

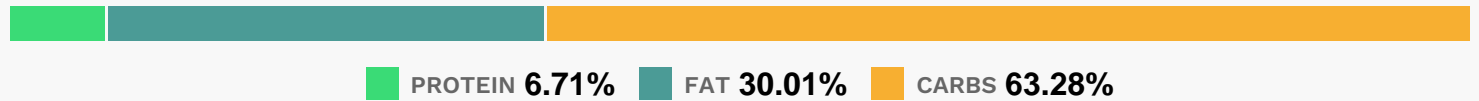
Equipment

- frying pan
- dutch oven

Directions

- Cook cabbage and onion in hot oil in a large nonstick skillet or Dutch oven over medium-low heat, stirring occasionally, 30 minutes.
- Meanwhile, peel and chop pears; toss with lemon juice. Stir pear mixture, sugar, salt, and pepper into cabbage mixture. Cook, stirring occasionally, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:7.05, Inflammation Score:-9, Nutrition Score:14.353478203649%

Flavonoids

Cyanidin: 293.41mg, Cyanidin: 293.41mg, Cyanidin: 293.41mg, Cyanidin: 293.41mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 136.8kcal (6.84%), Fat: 4.89g (7.52%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 18.06g (6.57%), Sugar: 13.94g (15.49%), Cholesterol: 0mg (0%), Sodium: 329.85mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin C: 84.64mg (102.59%), Vitamin K: 64.35µg (61.29%), Vitamin A: 1578.58IU (31.57%), Fiber: 5.14g (20.55%), Manganese: 0.41mg (20.39%), Vitamin B6: 0.33mg (16.57%), Potassium: 431.38mg (12.33%), Folate: 32.74µg (8.19%), Calcium: 73.57mg (7.36%), Iron: 1.29mg (7.18%), Vitamin B1: 0.11mg (7.06%), Magnesium: 28.21mg (7.05%), Vitamin B2: 0.12mg (6.94%), Phosphorus: 54.26mg (5.43%), Vitamin E: 0.61mg (4.03%), Copper: 0.08mg (4.01%), Vitamin B3: 0.71mg (3.54%), Zinc: 0.39mg

(2.6%), Vitamin B5: 0.26mg (2.59%), Selenium: 1.01µg (1.45%)