



Red Cabbage-Apple Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

SAUCE

Ingredients

- ☐ 0.8 cup apple juice
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 pound apples i use 2 granny smith apples diced peeled
- ☐ 0.5 cup maple syrup
- ☐ 1 cup onion diced
- ☐ 5 cups cabbage red thinly sliced
- ☐ 0.3 teaspoon salt

☐ 1 teaspoon vegetable oil

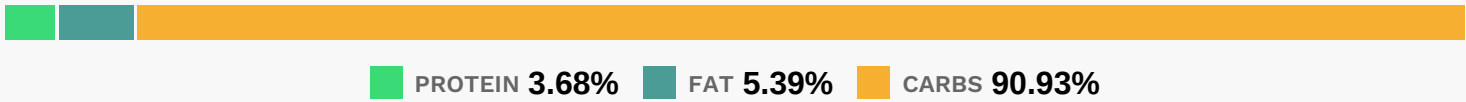
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the cabbage, apple, and onion; saut 3 minutes. Stir in apple juice and remaining ingredients. Cover, reduce heat to medium, and cook 35 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:62.56, Glycemic Load:19.17, Inflammation Score:-9, Nutrition Score:16.636521816254%

Flavonoids

Cyanidin: 234.78mg, Cyanidin: 234.78mg, Cyanidin: 234.78mg, Cyanidin: 234.78mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 8.59mg, Epicatechin: 8.59mg, Epicatechin: 8.59mg, Epicatechin: 8.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

Nutrients (% of daily need)

Calories: 248.9kcal (12.45%), Fat: 1.55g (2.38%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 58.8g (19.6%), Net Carbohydrates: 53.63g (19.5%), Sugar: 45.78g (50.86%), Cholesterol: 0mg (0%), Sodium: 186.99mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Vitamin C: 70.7mg (85.7%), Manganese: 1.34mg (67.05%), Vitamin K: 46.7µg (44.48%), Vitamin B2: 0.63mg (36.99%), Vitamin A: 1289.08IU (25.78%), Fiber: 5.17g (20.66%), Potassium: 575.98mg (16.46%), Vitamin B6: 0.32mg (16.2%), Calcium: 116.63mg (11.66%), Magnesium: 38.85mg (9.71%), Vitamin B1: 0.14mg (9.36%), Folate: 30.19µg (7.55%), Iron: 1.3mg (7.21%), Phosphorus: 60.71mg

(6.07%), Zinc: 0.65mg (4.34%), Copper: 0.07mg (3.41%), Vitamin B3: 0.66mg (3.28%), Vitamin B5: 0.29mg (2.88%),
Vitamin E: 0.38mg (2.54%), Selenium: 0.92µg (1.31%)