



Red cabbage salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 rashers unsmoked bacon diced
- 200 ml red wine vinegar
- 2 tbsp brown sugar light soft
- 1 small cabbage shredded red
- 1 handful sultanas
- 150 g coarsely stilton cheese blue hard crumbled

Equipment

- bowl

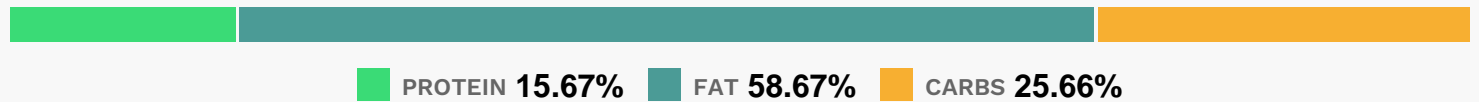
frying pan

sauce pan

Directions

- Cook the bacon in a frying pan until crispy. You shouldn't need any oil as the fat will run from the bacon.
- Heat the vinegar in a large saucepan until just simmering. Tip in the sugar and stir to dissolve, then add the red cabbage. Cook for a further 3-5 minutes, tossing the cabbage through the vinegar.
- Spoon the cabbage into bowl, stir through the bacon, sultanas and season with black pepper and a little salt. Allow to cool.
- Toss in the blue cheese to serve.

Nutrition Facts



Properties

Glycemic Index:19.28, Glycemic Load:3.89, Inflammation Score:-8, Nutrition Score:12.944782759832%

Flavonoids

Cyanidin: 198.29mg, Cyanidin: 198.29mg, Cyanidin: 198.29mg, Cyanidin: 198.29mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 245.98kcal (12.3%), Fat: 16.08g (24.74%), Saturated Fat: 7.63g (47.67%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 13.64g (4.96%), Sugar: 10.58g (11.76%), Cholesterol: 33.27mg (11.09%), Sodium: 463.07mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.33%), Vitamin C: 54.19mg (65.69%), Vitamin K: 36.87µg (35.12%), Vitamin A: 1253.51IU (25.07%), Calcium: 183.62mg (18.36%), Phosphorus: 165.38mg (16.54%), Vitamin B6: 0.32mg (15.77%), Manganese: 0.27mg (13.39%), Selenium: 8.7µg (12.42%), Potassium: 392.95mg (11.23%), Vitamin B2: 0.19mg (11.06%), Fiber: 2.18g (8.74%), Vitamin B1: 0.13mg (8.59%), Vitamin B3: 1.6mg (7.98%), Zinc: 1.16mg (7.73%), Vitamin B5: 0.71mg (7.06%), Vitamin B12: 0.41µg (6.92%), Magnesium: 26.97mg (6.74%), Iron: 1.19mg (6.63%), Folate: 26.2µg (6.55%), Copper: 0.06mg (2.94%), Vitamin E: 0.27mg (1.78%), Vitamin D: 0.21µg

(1.42%)