



Red cabbage with beetroot



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 85 g brown sugar
- ☐ 8 servings cabbage red cored thinly sliced quartered
- ☐ 2 large onion halved thinly sliced
- ☐ 2 apples such as cox's, peeled quartered, cored and very thickly sliced
- ☐ 4 beets raw peeled cut into wedges
- ☐ 2 cinnamon sticks
- ☐ 3 star anise
- ☐ 300 ml red wine

- ☐ 1 vegetable cube crumbled
- ☐ 25 g butter

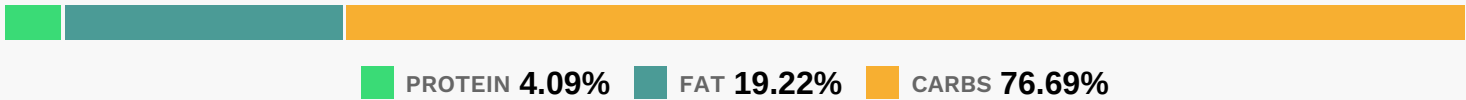
Equipment

- ☐ frying pan

Directions

- ☐ Mix the sugar with 1 tsp salt and plenty of black pepper. In a large, heavy-bottomed pan, layer up a handful of the cabbage, onions, apples and beetroot with the spices and sprinkle with some of the sugar, repeating with the layers until all the ingredients are used up.
- ☐ Mix the wine, vinegar and stock cube, pour over the cabbage and dot the butter on top. Tightly cover the pan and bring to the boil over a medium heat. When you can hear it boiling, turn down the heat to low and simmer for 30 mins. Stir well the mixture will have reduced and softened then cover and simmer for 15–30 mins more depending on how soft you like it.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:4.39, Inflammation Score:-5, Nutrition Score:4.9756521595561%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.87mg, Epicatechin: 4.87mg, Epicatechin: 4.87mg, Epicatechin: 4.87mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg

0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 156.84kcal (7.84%), Fat: 2.92g (4.49%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 22.76g (8.28%), Sugar: 19.73g (21.92%), Cholesterol: 6.72mg (2.24%), Sodium: 143.94mg (6.26%), Alcohol: 4.03g (100%), Alcohol %: 2.86% (100%), Protein: 1.4g (2.79%), Manganese: 0.42mg (21%), Fiber: 3.43g (13.71%), Folate: 54.03µg (13.51%), Vitamin C: 7.56mg (9.16%), Potassium: 311.48mg (8.9%), Vitamin B6: 0.12mg (6.16%), Magnesium: 22.36mg (5.59%), Iron: 0.93mg (5.18%), Phosphorus: 44.71mg (4.47%), Calcium: 42.17mg (4.22%), Copper: 0.07mg (3.67%), Vitamin B2: 0.05mg (3.14%), Vitamin B1: 0.04mg (2.79%), Vitamin A: 132.61IU (2.65%), Zinc: 0.32mg (2.15%), Vitamin K: 2.26µg (2.15%), Vitamin B5: 0.17mg (1.74%), Vitamin B3: 0.35mg (1.74%), Vitamin E: 0.2mg (1.33%), Selenium: 0.76µg (1.09%)