



Red cabbage with Bramley apple & walnuts



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

Ingredients



1 cabbage red finely sliced



25 g butter



1 bramley apples grated peeled



1 bay leaves



3 cloves



100 ml apple cider vinegar



25 g g muscovado sugar light



1 handful walnuts toasted chopped

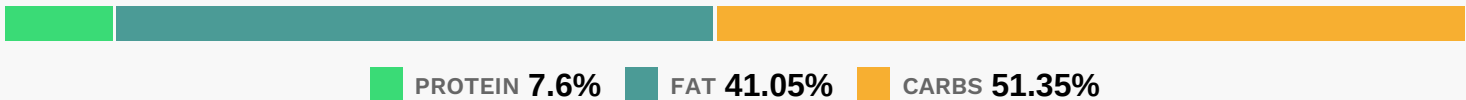
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Put the cabbage in a wide shallow pan with the butter, apple, bay leaf and cloves. Cook, stirring, until the cabbage starts to wilt.
- ☐ Add the vinegar (stand back and dont breathe in until the steam subsides), then continue to stir and cook until the vinegar has almost all disappeared.
- ☐ Add the sugar and stir until it has completely dissolved be careful not to let it burn.
- ☐ Sprinkle with walnuts to serve. This will freeze well but let it thaw completely before gently reheating in a pan or microwave.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:2.7, Inflammation Score:-8, Nutrition Score:10.808260952649%

Flavonoids

Cyanidin: 220.52mg, Cyanidin: 220.52mg, Cyanidin: 220.52mg, Cyanidin: 220.52mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 106.04kcal (5.3%), Fat: 5.2g (7.99%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 11.6g (4.22%), Sugar: 9.57g (10.63%), Cholesterol: 6.72mg (2.24%), Sodium: 50.43mg (2.19%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Vitamin C: 60.88mg (73.79%), Vitamin K: 40.99µg (39.04%), Vitamin A: 1262.43IU (25.25%), Manganese: 0.47mg (23.52%), Vitamin B6: 0.25mg (12.53%), Fiber: 3.03g (12.11%), Potassium: 310.68mg (8.88%), Magnesium: 25.03mg (6.26%), Folate: 23.4µg (5.85%), Iron: 1.04mg (5.77%), Calcium: 57.04mg (5.7%), Vitamin B1: 0.08mg (5.6%), Vitamin B2: 0.09mg (5.01%), Phosphorus: 48.92mg (4.89%), Copper: 0.09mg (4.32%), Vitamin B3: 0.51mg (2.54%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.2mg (1.97%), Vitamin E: 0.26mg (1.74%), Selenium: 0.9µg (1.29%)