



Red cabbage with mulled Port & pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 large cabbage red cored thinly sliced quartered



1 large onion sliced



200 ml port wine



1 large cinnamon sticks



1 pinch ground cloves



2 star anise



2 tbsp brown sugar soft



1 tbsp red wine vinegar

☐ 4 pears diced

Equipment

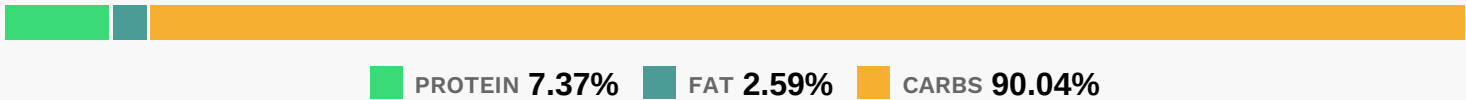
☐ frying pan

☐ microwave

Directions

☐ Put all the ingredients except the pears in a large pan and cover with a tight- fitting lid. Cook on a low heat for 1 hr, then stir through the pears. Cover and cook for 1 hr more until the cabbage is really tender. If at any point the cabbage looks dry, add a splash of water. If there is still liquid in the pan at the end, turn the heat right up to evaporate it. Season with a little salt and serve. The cabbage can be prepared ahead and either chilled or frozen. Then reheat in the pan or in a microwave.

Nutrition Facts



Properties

Glycemic Index:13.22, Glycemic Load:6.75, Inflammation Score:-9, Nutrition Score:15.125217484391%

Flavonoids

Cyanidin: 299.27mg, Cyanidin: 299.27mg, Cyanidin: 299.27mg, Cyanidin: 299.27mg Petunidin: 1.68mg, Petunidin: 1.68mg, Petunidin: 1.68mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Malvidin: 24.05mg, Malvidin: 24.05mg, Malvidin: 24.05mg, Malvidin: 24.05mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 5.26mg, Epicatechin: 5.26mg, Epicatechin: 5.26mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg 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: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 156.46kcal (7.82%), Fat: 0.42g (0.64%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 26.31g (9.57%), Sugar: 19.79g (21.99%), Cholesterol: 0mg (0%), Sodium: 43.3mg (1.88%), Alcohol: 3.88g (100%), Alcohol %: 1.75% (100%), Protein: 2.67g (5.34%), Vitamin C: 86.09mg (104.35%), Vitamin K: 58.29µg (55.52%), Vitamin A: 1606.64IU (32.13%), Manganese: 0.53mg (26.7%), Fiber: 6.33g (25.31%), Vitamin B6: 0.35mg (17.41%), Potassium: 508.73mg (14.54%), Folate: 35.39µg (8.85%), Calcium: 86.82mg (8.68%), Iron: 1.55mg (8.64%), Magnesium: 34.13mg (8.53%), Vitamin B2: 0.13mg (7.74%), Vitamin B1: 0.12mg (7.7%), Phosphorus: 62.59mg (6.26%), Copper: 0.12mg (6.06%), Vitamin B3: 0.83mg (4.14%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.29mg (2.91%), Vitamin E: 0.28mg (1.85%), Selenium: 1.22µg (1.75%)