



Red Cabbage with Sausage & Apples

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- 0.7 cup apple juice
- 1 bay leaf
- 0.1 teaspoon pepper black
- 1 teaspoon canola oil
- 2 tablespoons brown sugar dark
- 0.3 teaspoon thyme leaves dried
- 1.5 cups apples i use 2 granny smith apples peeled finely chopped
- 6 ounces turkey sausage italian

- 6 cups cabbage red thinly sliced
- 1 cup onion red thinly sliced
- 2 tablespoons red wine vinegar
- 0.3 teaspoon salt

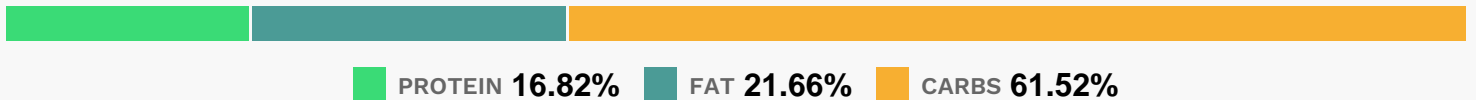
Equipment

- frying pan

Directions

- Heat 1 teaspoon canola oil in a large nonstick skillet over medium-high heat.
- Remove casings from 6 ounces turkey Italian sausage.
- Add sausage and 1 cup thinly sliced red onion to pan; cook 4 minutes or until sausage is browned, stirring to crumble.
- Add 6 cups thinly sliced red cabbage, 1 1/2 cups finely chopped peeled Granny Smith apple, 2/3 cup apple juice, 2 tablespoons dark brown sugar, 2 tablespoons red wine vinegar, 1/4 teaspoon salt, 1/4 teaspoon dried thyme, 1/8 teaspoon black pepper, and 1 bay leaf; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until cabbage is tender, stirring occasionally. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:27.29, Glycemic Load:4.44, Inflammation Score:-8, Nutrition Score:12.51652190478%

Flavonoids

Cyanidin: 187.24mg, Cyanidin: 187.24mg, Cyanidin: 187.24mg, Cyanidin: 187.24mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg

0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg
Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg,
Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin:
0.19mg, Myricetin: 0.19mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 134.29kcal (6.71%), Fat: 3.41g (5.25%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 21.8g (7.27%), Net
Carbohydrates: 18.38g (6.69%), Sugar: 15.23g (16.92%), Cholesterol: 15.03mg (5.01%), Sodium: 388.05mg (16.87%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin C: 63.06mg (76.44%), Vitamin K:
36.05µg (34.33%), Vitamin A: 1054.59IU (21.09%), Iron: 3.67mg (20.41%), Vitamin B6: 0.35mg (17.3%), Manganese:
0.32mg (15.79%), Fiber: 3.41g (13.65%), Potassium: 380.59mg (10.87%), Selenium: 7.04µg (10.06%), Phosphorus:
92.97mg (9.3%), Vitamin B2: 0.13mg (7.69%), Vitamin B3: 1.5mg (7.5%), Magnesium: 27.68mg (6.92%), Vitamin B1:
0.1mg (6.71%), Folate: 24.48µg (6.12%), Calcium: 61.01mg (6.1%), Zinc: 0.87mg (5.8%), Vitamin B5: 0.43mg (4.28%),
Copper: 0.07mg (3.61%), Vitamin B12: 0.12µg (2.03%), Vitamin E: 0.28mg (1.88%)