



Red-Wine Braised Cabbage and Onions



Vegetarian



Gluten Free

READY IN



4500 min.

SERVINGS



10

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 apples sweet such as honey crisp, gala, or fuji, peeled and coarsely grated firm
- ☐ 0.3 cup balsamic vinegar
- ☐ 10 peppercorns whole black
- ☐ 2 cups wine dry red (from a 750-ml bottle)
- ☐ 3 pound cabbage red cut lengthwise into 8 wedges and wedges cut crosswise into 1/4-inch-thick slices (16 cups)
- ☐ 1.5 pound onion red halved lengthwise cut lengthwise into 1/4-inch-thick slices
- ☐ 0.3 cup red-wine vinegar
- ☐ 1.3 teaspoons salt

- ☐ 1.5 tablespoons sugar
- ☐ 1 bay leaves
- ☐ 6 tablespoons butter unsalted
- ☐ 2 cups water

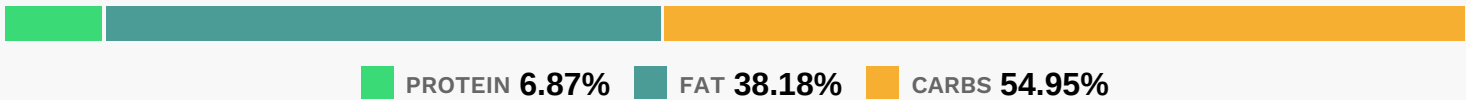
Equipment

- ☐ pot
- ☐ wax paper
- ☐ cheesecloth

Directions

- ☐ Heat butter in a 6- to 8-quart wide heavy pot over moderately high heat until foam subsides, then cook onion and cabbage, stirring frequently, until wilted and slightly browned, about 20 minutes.
- ☐ Add wine, water, vinegars, apple, sugar, and salt and bring to a boil.
- ☐ Wrap peppercorns, cloves, and bay leaf in cheesecloth and tie with string.
- ☐ Add to cabbage mixture, then cover cabbage directly with a round of parchment or wax paper and cover pot with lid. Reduce heat and simmer until cabbage is very tender, about 2 hours.
- ☐ Discard cheesecloth bundle and season cabbage with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:6.17, Inflammation Score:-9, Nutrition Score:14.408695647898%

Flavonoids

Cyanidin: 285.82mg, Cyanidin: 285.82mg, Cyanidin: 285.82mg, Cyanidin: 285.82mg Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 2.14mg, Delphinidin: 2.14mg, Delphinidin: 2.14mg, Delphinidin: 2.14mg Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg

0.89mg, Peonidin: 0.89mg Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg
Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 6.49mg, Epicatechin: 6.49mg, Epicatechin: 6.49mg, Epicatechin: 6.49mg Epigallocatechin 3–gallate:
0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate:
0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.19mg, Luteolin:
0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg,
Isorhamnetin: 3.42mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg
Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 15.31mg, Quercetin:
15.31mg, Quercetin: 15.31mg, Quercetin: 15.31mg

Nutrients (% of daily need)

Calories: 192.89kcal (9.64%), Fat: 7.14g (10.98%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 23.11g (7.7%), Net
Carbohydrates: 18.64g (6.78%), Sugar: 12.74g (14.16%), Cholesterol: 18.06mg (6.02%), Sodium: 335.6mg (14.59%),
Alcohol: 5.04g (100%), Alcohol %: 1.87% (100%), Protein: 2.89g (5.78%), Vitamin C: 83.47mg (101.18%), Vitamin K:
53.41µg (50.86%), Vitamin A: 1740.9IU (34.82%), Manganese: 0.45mg (22.53%), Vitamin B6: 0.37mg (18.71%), Fiber:
4.48g (17.92%), Potassium: 462.44mg (13.21%), Folate: 38.25µg (9.56%), Calcium: 84.22mg (8.42%), Vitamin B1:
0.12mg (8.13%), Magnesium: 31.32mg (7.83%), Iron: 1.35mg (7.47%), Vitamin B2: 0.12mg (7.08%), Phosphorus:
66.43mg (6.64%), Copper: 0.07mg (3.37%), Vitamin B3: 0.67mg (3.35%), Vitamin B5: 0.31mg (3.05%), Zinc: 0.44mg
(2.96%), Vitamin E: 0.39mg (2.61%), Selenium: 1.26µg (1.8%)