



Rosemary braised red cabbage with kabanos

 Gluten Free

READY IN



130 min.

SERVINGS



4

CALORIES



802 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cabbage red
- ☐ 1 tbsp olive oil
- ☐ 1 knob butter
- ☐ 1 onion red sliced
- ☐ 125 ml red wine vinegar
- ☐ 140 g brown sugar dark soft
- ☐ 1 chilli red finely chopped
- ☐ 2 rosemary sprigs

- ☐ 1 large bramley apples cored roughly chopped
- ☐ 8 kabanos sausages cut into finger lengths

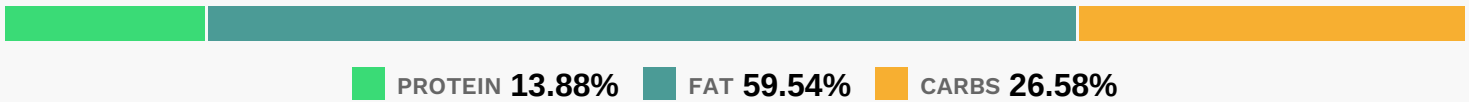
Equipment

- ☐ frying pan

Directions

- ☐ Halve the cabbage, remove the tough stem and thinly slice.
- ☐ Place in a large pan with all the other ingredients apart from the sausages, then mix in 300ml water and some salt and pepper.
- ☐ Bring to a simmer, then reduce the heat, cover with a well-fitting lid and gently cook for 1 hrs, stirring frequently. If too dry, you can add a little more water.
- ☐ Add the kabanos to the cabbage mixture, place a lid on the pan and gently simmer for 20 mins.
- ☐ Remove the lid and cook for a further 10 mins.
- ☐ Serve alongside some simple mash or boiled potatoes.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:4.75, Inflammation Score:-9, Nutrition Score:24.225652451101%

Flavonoids

Cyanidin: 220.93mg, Cyanidin: 220.93mg, Cyanidin: 220.93mg, Cyanidin: 220.93mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg 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: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg,

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 801.55kcal (40.08%), Fat: 53.21g (81.86%), Saturated Fat: 18.19g (113.7%), Carbohydrates: 53.44g (17.81%), Net Carbohydrates: 49.24g (17.91%), Sugar: 45.53g (50.59%), Cholesterol: 133.69mg (44.56%), Sodium: 1158.36mg (50.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.82%), Vitamin C: 81.92mg (99.3%), Vitamin K: 46.13µg (43.93%), Vitamin B3: 8.7mg (43.49%), Vitamin B6: 0.87mg (43.38%), Vitamin B1: 0.57mg (37.69%), Vitamin A: 1568.42IU (31.37%), Phosphorus: 285.13mg (28.51%), Zinc: 4.04mg (26.96%), Potassium: 873.11mg (24.95%), Vitamin B12: 1.45µg (24.23%), Manganese: 0.38mg (18.86%), Iron: 3.39mg (18.85%), Vitamin B2: 0.31mg (18.43%), Fiber: 4.2g (16.79%), Vitamin D: 2.21µg (14.73%), Vitamin B5: 1.44mg (14.37%), Magnesium: 53.33mg (13.33%), Calcium: 106.62mg (10.66%), Copper: 0.19mg (9.51%), Vitamin E: 1.25mg (8.32%), Folate: 30.72µg (7.68%), Selenium: 1.3µg (1.85%)