



Sauteed Cabbage and Apples

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings splash apple cider vinegar
- 2 tablespoons butter
- 1 teaspoon fennel seeds crushed
- 1 apples i use 2 granny smith apples
- 4 servings kosher salt and pepper black freshly ground
- 0.5 head cabbage red
- 0.3 cup red wine

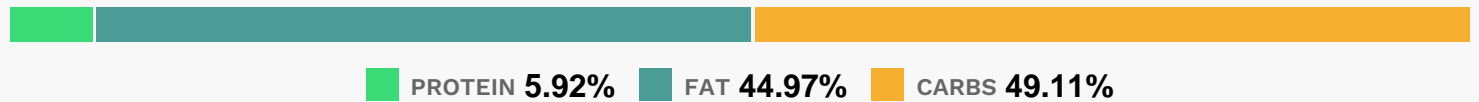
Equipment

- bowl
- frying pan

Directions

- Core and slice the cabbage into thin slices. Slice the cheeks off the apples and cut into thin wedges.
- In a large saute pan, add the butter and melt over medium heat.
- Add the cabbage, apples, fennel and salt and pepper, to taste, and saute until the cabbage softens and wilts about 20 minutes. Deglaze with red wine and stir in a splash of cider vinegar.
- Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:3.51, Inflammation Score:-8, Nutrition Score:10.676087102812%

Flavonoids

Cyanidin: 220.8mg, Cyanidin: 220.8mg, Cyanidin: 220.8mg, Cyanidin: 220.8mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.99mg, Epicatechin: 3.99mg, Epicatechin: 3.99mg, Epicatechin: 3.99mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 121.3kcal (6.06%), Fat: 6g (9.23%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 11.22g (4.08%), Sugar: 8.85g (9.83%), Cholesterol: 15.05mg (5.02%), Sodium: 74.89mg (3.26%), Alcohol: 1.59g (100%), Alcohol %: 1.16% (100%), Protein: 1.78g (3.55%), Vitamin C: 61.98mg (75.12%), Vitamin K: 41.78µg (39.79%), Vitamin A: 1371.43IU (27.43%), Manganese: 0.34mg (16.92%), Fiber: 3.52g (14.07%), Vitamin B6: 0.25mg (12.46%), Potassium: 334.79mg (9.57%), Iron: 1.07mg (5.94%), Calcium: 59.3mg (5.93%), Magnesium: 23.14mg (5.79%), Vitamin B2: 0.09mg (5.48%), Vitamin B1: 0.08mg (5.21%), Folate: 20.62µg (5.15%), Phosphorus: 44.27mg (4.43%), Vitamin B3: 0.55mg (2.74%), Vitamin E: 0.36mg (2.4%), Zinc: 0.3mg (1.98%), Vitamin B5: 0.2mg (1.96%), Copper: 0.04mg (1.93%), Selenium: 0.74µg (1.05%)