



Sautéed Cabbage and Apples



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apples sliced
- ☐ 2 teaspoons canola oil
- ☐ 1 teaspoon caraway seeds
- ☐ 8 cups cabbage green sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted

Equipment

- ☐ food processor

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add butter and oil to pan; swirl until butter melts.
- ☐ Add cabbage, apple, caraway seeds, and salt; cover and cook 5 minutes. Uncover and cook 5 minutes or until cabbage and apples are tender, stirring occasionally.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon canola oil; swirl to coat.
- ☐ Add 2 cups sliced onion; saut 2 minutes.
- ☐ Add 8 cups sliced green cabbage, 1 cup hard cider or regular cider, 2 tablespoons whole-grain mustard, and 1/4 teaspoon salt, tossing to combine. Cook, covered, 5 minutes. Uncover and cook 8 minutes or until cabbage wilts, stirring occasionally. Stir in 1 tablespoon cider vinegar.
- ☐ Serves 6 (serving size: 1 cup) CALORIES 85; FAT 5g (sat 2g); SODIUM 237mg
- ☐ Combine 1/2 cup chopped mango, 1 tablespoon canola oil, 1 tablespoon fresh lime juice, and 1/4 teaspoon salt in a mini food processor; process until smooth.
- ☐ Place 5 cups thinly sliced green cabbage, 1/2 cup diced mango, and 1/4 cup thinly sliced green onions in a large bowl, tossing to combine.
- ☐ Drizzle cabbage mixture with pureed mango mixture; toss to coat.
- ☐ Sprinkle with 3 tablespoons chopped toasted cashews.
- ☐ Serves 6 (serving size: about 3/4 cup) CALORIES 78; FAT 5g (sat 6g); SODIUM 111mg
- ☐ Combine 4 teaspoons fresh lime juice, 4 teaspoons brown sugar, 2 teaspoons fish sauce, and 1 teaspoon sambal oelek in a small bowl.
- ☐ Heat 1 tablespoon dark sesame oil in a large skillet over medium-high heat; swirl.
- ☐ Add 8 cups sliced green cabbage to pan; cook 7 minutes or until lightly browned. Stir in brown sugar mixture; cook 4 minutes, stirring occasionally. Stir in 1/4 cup chopped fresh cilantro leaves.
- ☐ Serves 6 (serving size: 2/3 cup) CALORIES 57; FAT 4g (sat 4g); SODIUM 193mg

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:2.88, Inflammation Score:-4, Nutrition Score:8.4426086541751%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 74.63kcal (3.73%), Fat: 3.44g (5.29%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 7.87g (2.86%), Sugar: 7.32g (8.14%), Cholesterol: 5.02mg (1.67%), Sodium: 211.32mg (9.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin K: 72.96µg (69.49%), Vitamin C: 36.15mg (43.81%), Fiber: 3.46g (13.84%), Folate: 41.49µg (10.37%), Manganese: 0.17mg (8.44%), Vitamin B6: 0.13mg (6.7%), Potassium: 208.35mg (5.95%), Vitamin B1: 0.07mg (4.36%), Calcium: 42.81mg (4.28%), Magnesium: 14.19mg (3.55%), Vitamin A: 173.49IU (3.47%), Vitamin E: 0.51mg (3.41%), Phosphorus: 31.3mg (3.13%), Iron: 0.54mg (3.03%), Vitamin B2: 0.05mg (2.95%), Vitamin B5: 0.23mg (2.26%), Copper: 0.03mg (1.63%), Zinc: 0.21mg (1.37%), Vitamin B3: 0.27mg (1.35%)