



Sauteed Red Cabbage

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

Ingredients

- 0.3 cup apple cider vinegar white
- 1 teaspoon mustard seed
- 2 tablespoons olive oil extra-virgin
- 1 small onion sliced
- 0.5 cabbage shredded red
- 4 servings salt and pepper
- 2 tablespoons sugar

Equipment

frying pan

Directions

Heat a skillet over medium high heat.

Add oil and onion and saute 2 minutes.

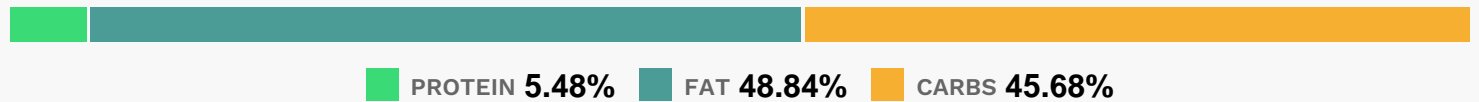
Add cabbage and turn in pan, sauteing it until it wilts, 3 to 5 minutes.

Add vinegar to the pan and turn the cabbage in it.

Sprinkle sugar over the cabbage and turn again. Season with mustard seed, salt and pepper and reduce heat a bit.

Let cabbage continue to cook 10 minutes or until ready to serve, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:42.27, Glycemic Load:6.39, Inflammation Score:-8, Nutrition Score:10.629130228706%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 132.48kcal (6.62%), Fat: 7.48g (11.5%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 13.14g (4.78%), Sugar: 10.88g (12.09%), Cholesterol: 0mg (0%), Sodium: 224.1mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin C: 61.13mg (74.09%), Vitamin K: 44.39µg (42.27%), Vitamin A: 1170.99IU (23.42%), Manganese: 0.35mg (17.31%), Vitamin B6: 0.24mg (12.16%), Fiber: 2.59g (10.37%), Potassium: 300.7mg (8.59%), Vitamin E: 1.16mg (7.77%), Folate: 23.42µg (5.85%), Iron: 1.03mg (5.71%), Magnesium: 22.31mg (5.58%), Calcium: 54.86mg (5.49%), Vitamin B1: 0.08mg (5.41%), Vitamin B2: 0.08mg (4.72%), Phosphorus: 44.34mg (4.43%), Selenium: 2.33µg (3.33%), Vitamin B3: 0.49mg (2.47%), Zinc: 0.32mg (2.1%), Vitamin B5: 0.18mg (1.82%), Copper: 0.03mg (1.58%)