



Sautéed Red Cabbage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 large onion separated thinly sliced
- ☐ 2.5 pounds cabbage red coarsely chopped
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons sugar

Equipment

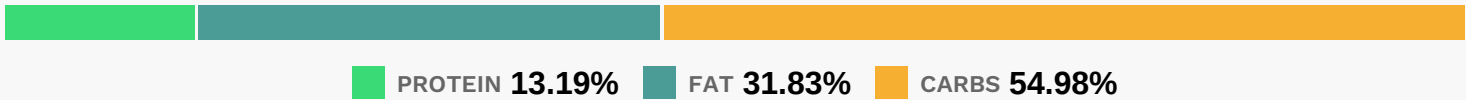
- ☐ bowl

☐ dutch oven

Directions

- ☐ Cook bacon in a large Dutch oven over medium heat 3 minutes or just until it begins to crisp.
- ☐ Add onion, and cook, 5 minutes or until onion is tender and golden, stirring occasionally.
- ☐ Add cabbage; cook 3 minutes, stirring gently.
- ☐ Add wine, sugar, and salt. Reduce heat to low, and cook, uncovered, 15 to 20 minutes or until cabbage is crisp-tender.
- ☐ Transfer to a serving bowl or spoon onto platter with goose.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:3.48, Inflammation Score:-9, Nutrition Score:13.423913153617%

Flavonoids

Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 102.14kcal (5.11%), Fat: 3.52g (5.42%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 10.39g (3.78%), Sugar: 7.22g (8.02%), Cholesterol: 5.45mg (1.82%), Sodium: 311.66mg (13.55%), Alcohol: 1.58g (100%), Alcohol %: 1.08% (100%), Protein: 3.28g (6.57%), Vitamin C: 82.18mg (99.62%), Vitamin K: 54.22µg (51.64%), Vitamin A: 1585.33IU (31.71%), Manganese: 0.37mg (18.51%), Vitamin B6: 0.34mg (17.03%), Fiber: 3.3g (13.18%), Potassium: 388.22mg (11.09%), Vitamin B1: 0.12mg (8.14%), Folate: 29.08µg (7.27%), Calcium: 68.66mg (6.87%), Iron: 1.21mg (6.72%), Vitamin B2: 0.11mg (6.46%), Magnesium: 25.55mg (6.39%), Phosphorus: 59.84mg (5.98%), Vitamin B3: 0.95mg (4.73%), Selenium: 2.61µg (3.73%), Zinc: 0.44mg (2.94%), Vitamin B5:

0.28mg (2.77%), Copper: 0.04mg (1.76%), Vitamin E: 0.2mg (1.3%)