



Skillet Red Cabbage

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 0.5 teaspoon pepper
- 1 large purple onion separated sliced
- 2 pounds cabbage shredded red cored
- 0.3 cup red wine vinegar
- 0.5 teaspoon salt
- 3 tablespoons sugar

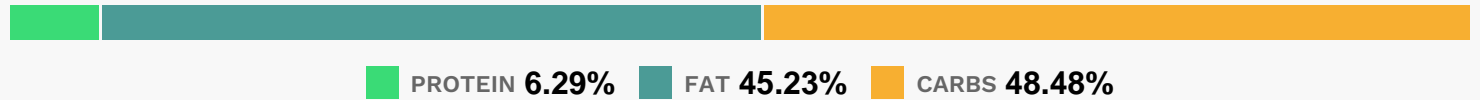
Equipment

- frying pan
- dutch oven

Directions

- Saut onion in butter in a large deep skillet or Dutch oven until tender.
- Sprinkle with salt and pepper. Cook onion 15 more minutes or until caramelized, stirring often.
- Toss shredded cabbage with vinegar and sugar. Gradually add to caramelized onion in skillet, stirring well. Cover and cook over medium heat 25 minutes or until cabbage is tender.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:7.14, Inflammation Score:-9, Nutrition Score:14.039565191321%

Flavonoids

Cyanidin: 317.26mg, Cyanidin: 317.26mg, Cyanidin: 317.26mg, Cyanidin: 317.26mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 147.62kcal (7.38%), Fat: 7.9g (12.15%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 15.52g (5.64%), Sugar: 12.56g (13.95%), Cholesterol: 0mg (0%), Sodium: 325.43mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin C: 87.61mg (106.19%), Vitamin K: 58.1µg (55.34%), Vitamin A: 2026.97IU (40.54%), Manganese: 0.42mg (20.88%), Vitamin B6: 0.34mg (16.97%), Fiber: 3.53g (14.12%), Potassium: 404.41mg (11.55%), Folate: 30.82µg (7.71%), Calcium: 76.61mg (7.66%), Iron: 1.31mg (7.3%), Vitamin B1: 0.11mg (7.09%), Magnesium: 27mg (6.75%), Vitamin B2: 0.11mg (6.72%), Phosphorus: 53.91mg (5.39%), Vitamin B3: 0.66mg (3.29%), Vitamin E: 0.46mg (3.1%), Vitamin B5: 0.26mg (2.55%), Zinc: 0.37mg (2.47%), Copper: 0.04mg (1.83%), Selenium: 1.04µg (1.49%)