



Spiced red cabbage with prunes



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 2 large onion chopped
- ☐ 2 tbsp olive oil
- ☐ 1 tsp spice mixed
- ☐ 900 g cabbage shredded red
- ☐ 150 ml chicken stock cube with 1 vegetable or chicken stock cube
- ☐ 2 tbsp red wine vinegar
- ☐ 85 g prune- cut to pieces pitted
- ☐ 2 tbsp jam

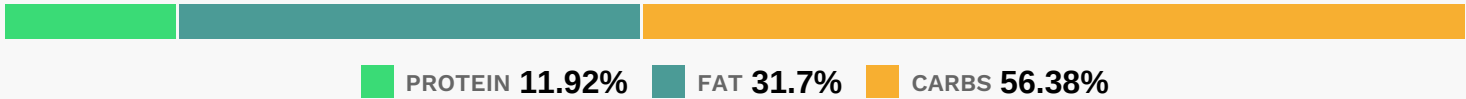
Equipment

☐ frying pan

Directions

- ☐ Fry the onion in the oil until beginning to soften. Tip in the mixed spice, then fry a few seconds more.
- ☐ Add the remaining ingredients. Season, then stir well. Cover and simmer for 20 mins, stirring every now and then, until tender.
- ☐ On the day, reheat in a pan.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:6.29, Inflammation Score:-9, Nutrition Score:13.834782628909%

Flavonoids

Cyanidin: 236.13mg, Cyanidin: 236.13mg, Cyanidin: 236.13mg, Cyanidin: 236.13mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg 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: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 171.84kcal (8.59%), Fat: 6.4g (9.84%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 21.74g (7.91%), Sugar: 15.65g (17.38%), Cholesterol: 2.44mg (0.81%), Sodium: 4510.75mg (196.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Vitamin C: 67.69mg (82.05%), Vitamin K: 51.62µg (49.17%), Vitamin A: 1340.26IU (26.81%), Manganese: 0.43mg (21.25%), Vitamin B6: 0.32mg (16.13%), Fiber: 3.85g (15.39%), Potassium: 470.83mg (13.45%), Vitamin B2: 0.19mg (11.31%), Calcium: 101.84mg (10.18%), Magnesium: 37.3mg (9.32%), Selenium: 6.27µg (8.95%), Folate: 34.41µg (8.6%), Phosphorus: 84.62mg (8.46%), Iron: 1.38mg (7.67%), Vitamin B1: 0.11mg (7.64%), Vitamin B3: 1.18mg (5.91%), Vitamin E: 0.78mg (5.19%), Vitamin B5: 0.37mg (3.7%), Copper: 0.07mg (3.51%), Zinc: 0.38mg (2.57%)