



Sweet and Sour Braised Cabbage (Rotkohl)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider
- ☐ 4 slices applewood-smoked bacon chopped (such as Neuske's)
- ☐ 1 bay leaf
- ☐ 3 cups apples i use 2 granny smith apples peeled chopped (2 medium)
- ☐ 1 teaspoon kosher salt
- ☐ 2 cups thinly onion vertically sliced (1 large)
- ☐ 2 pounds cabbage red thinly sliced
- ☐ 0.3 cup red wine vinegar

☐ 2 tablespoons sugar

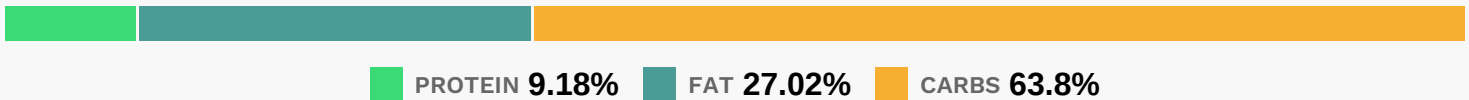
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan; set bacon aside.
- ☐ Add onion to drippings in pan; saut 3 minutes.
- ☐ Add apple to pan; saut 2 minutes.
- ☐ Add cabbage to pan; saut 2 minutes.
- ☐ Add cider and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 1 hour and 15 minutes or until cabbage is tender, stirring occasionally. Discard cloves and bay leaf.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:25.23, Glycemic Load:7.88, Inflammation Score:-9, Nutrition Score:12.624782540228%

Flavonoids

Cyanidin: 238.69mg, Cyanidin: 238.69mg, Cyanidin: 238.69mg, Cyanidin: 238.69mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg

Myricetin: 0.24mg Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg

Nutrients (% of daily need)

Calories: 147.98kcal (7.4%), Fat: 4.72g (7.26%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 20.81g (7.57%), Sugar: 16.75g (18.61%), Cholesterol: 7.26mg (2.42%), Sodium: 398mg (17.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Vitamin C: 70.06mg (84.92%), Vitamin K: 44.51µg (42.39%), Vitamin A: 1296.77IU (25.94%), Manganese: 0.37mg (18.6%), Fiber: 4.25g (16.99%), Vitamin B6: 0.34mg (16.95%), Potassium: 438.79mg (12.54%), Vitamin B1: 0.14mg (9.03%), Folate: 29.44µg (7.36%), Phosphorus: 69.29mg (6.93%), Magnesium: 27.6mg (6.9%), Vitamin B2: 0.12mg (6.81%), Calcium: 66.71mg (6.67%), Iron: 1.17mg (6.5%), Vitamin B3: 1.03mg (5.14%), Selenium: 3.14µg (4.49%), Vitamin B5: 0.32mg (3.2%), Zinc: 0.48mg (3.17%), Copper: 0.06mg (2.85%), Vitamin E: 0.27mg (1.78%)