



Sweet-Sour Red Cabbage

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb cabbage red thinly sliced
- ☐ 4 slices bacon diced
- ☐ 1 small onion sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup water
- ☐ 3 tablespoons vinegar white
- ☐ 0.3 teaspoon salt

☐ 0.1 teaspoon pepper

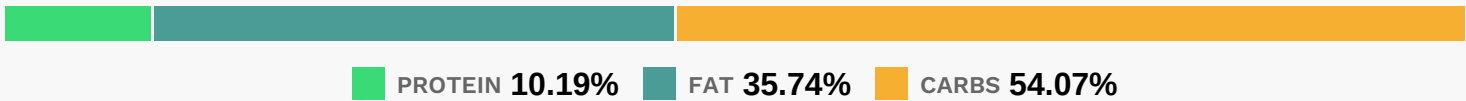
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ In 10-inch skillet, heat 1 inch water to boiling.
- ☐ Add cabbage; heat to boiling. Boil uncovered about 15 minutes, stirring occasionally, until tender; drain and set aside. Wipe out and dry skillet with paper towel.
- ☐ In same skillet, cook bacon over medium heat 4 minutes, stirring occasionally. Stir in onion. Cook 2 to 4 minutes, stirring occasionally, until bacon is crisp.
- ☐ Remove bacon and onion with slotted spoon; drain on paper towels.
- ☐ Drain fat, reserving 1 tablespoon in skillet.
- ☐ Stir brown sugar and flour into bacon fat in skillet. Stir in water, vinegar, salt and pepper until well mixed.
- ☐ Stir in cabbage, bacon and onion. Cook over medium heat 1 to 2 minutes, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:8.7473913029484%

Flavonoids

Cyanidin: 178.46mg, Cyanidin: 178.46mg, Cyanidin: 178.46mg, Cyanidin: 178.46mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.08mg

Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 109.84kcal (5.49%), Fat: 4.53g (6.97%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 13.43g (4.88%), Sugar: 10.3g (11.45%), Cholesterol: 7.26mg (2.42%), Sodium: 171.26mg (7.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.81%), Vitamin C: 49.13mg (59.55%), Vitamin K: 32.58µg (31.03%), Vitamin A: 953.56IU (19.07%), Manganese: 0.24mg (12.19%), Vitamin B6: 0.22mg (11.06%), Fiber: 1.99g (7.97%), Potassium: 252.92mg (7.23%), Vitamin B1: 0.1mg (6.9%), Folate: 20.48µg (5.12%), Selenium: 3.51µg (5.02%), Iron: 0.89mg (4.92%), Calcium: 47.59mg (4.76%), Vitamin B2: 0.08mg (4.66%), Phosphorus: 46.48mg (4.65%), Vitamin B3: 0.93mg (4.63%), Magnesium: 17.02mg (4.26%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.21mg (2.15%), Copper: 0.03mg (1.52%)