



## Tangy Warm Red Cabbage

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 apples cored cubed peeled
- 0.3 cup apple cider vinegar
- 2 tablespoons brown sugar
- 2 tablespoons butter
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 8 servings salt and ground pepper black to taste
- 1 head cabbage shredded red

- 1 small onion red chopped
- 0.5 cup red wine
- 0.1 cup red wine vinegar

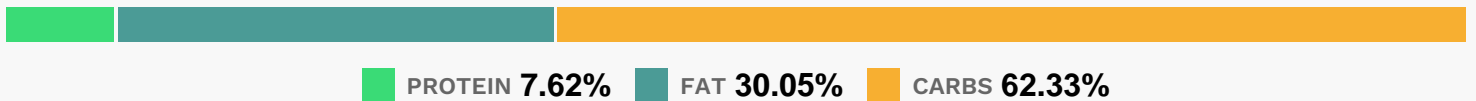
## Equipment

- frying pan

## Directions

- Melt butter in a skillet over medium heat; cook and stir onion and apple in the melted butter until onion is translucent and apple is soft, 3 to 5 minutes.
- Stir wine, apple cider vinegar, red wine vinegar, brown sugar, cinnamon, and nutmeg into onion mixture; bring to a boil.
- Add cabbage to onion mixture and stir to coat; season with salt and pepper. Reduce heat and simmer until cabbage has softened, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:37.88, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:10.398260955253%

## Flavonoids

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Myricetin: 0.28mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 97.17kcal (4.86%), Fat: 3.07g (4.72%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 11.44g (4.16%), Sugar: 8.85g (9.84%), Cholesterol: 7.53mg (2.51%), Sodium: 53.78mg (2.34%), Alcohol: 1.59g (100%), Alcohol %: 1.22% (100%), Protein: 1.75g (3.5%), Vitamin C: 61.35mg (74.36%), Vitamin K: 40.91µg (38.97%), Vitamin A: 1265.94IU (25.32%), Manganese: 0.38mg (19.15%), Vitamin B6: 0.25mg (12.55%), Fiber: 2.88g (11.52%), Potassium: 322.32mg (9.21%), Calcium: 59.55mg (5.96%), Iron: 1.04mg (5.79%), Folate: 22.2µg (5.55%), Magnesium: 21.95mg (5.49%), Vitamin B1: 0.08mg (5.11%), Vitamin B2: 0.09mg (5.01%), Phosphorus: 42.66mg (4.27%), Vitamin B3: 0.51mg (2.54%), Zinc: 0.3mg (1.97%), Vitamin B5: 0.19mg (1.93%), Copper: 0.03mg (1.67%), Vitamin E: 0.23mg (1.51%), Selenium: 0.82µg (1.18%)