



Ukrainian Sweet and Sour Cabbage Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



150 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup spiced apple butter
- ☐ 4 cups beef stock
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon celery seed
- ☐ 0.5 cup cider vinegar
- ☐ 1 granny smith apples cored peeled sliced
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 onion thinly sliced
- ☐ 0.3 cup raisins
- ☐ 3 cups cabbage shredded red
- ☐ 0.5 teaspoon salt

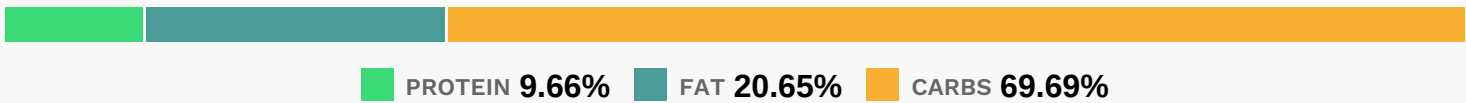
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan, saute the apple and onion in the butter until tender. Stir in the cabbage and saute for 5 more minutes.
- ☐ Pour in stock and vinegar; bring to a boil. Reduce heat and stir in sugar, salt, pepper, celery seed, and raisins. Simmer, uncovered, for an hour. Stir in apple butter.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:4.9, Inflammation Score:-6, Nutrition Score:7.2443477841823%

Flavonoids

Cyanidin: 80.44mg, Cyanidin: 80.44mg, Cyanidin: 80.44mg, Cyanidin: 80.44mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 149.9kcal (7.5%), Fat: 3.58g (5.5%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 24.82g (9.02%), Sugar: 16.82g (18.69%), Cholesterol: 8.6mg (2.87%), Sodium: 481.18mg (20.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Vitamin C: 24.55mg (29.75%), Vitamin K: 15.83µg (15.08%), Potassium: 489.15mg (13.98%), Manganese: 0.23mg (11.73%), Vitamin A: 542.63IU (10.85%), Vitamin B2: 0.18mg (10.49%), Vitamin B6: 0.21mg (10.28%), Fiber: 2.34g (9.36%), Vitamin B3: 1.5mg (7.48%), Phosphorus: 70.5mg (7.05%), Copper: 0.12mg (6.21%), Vitamin B1: 0.09mg (6.03%), Iron: 1.08mg (6%), Magnesium: 23.13mg (5.78%), Calcium: 47.01mg (4.7%), Folate: 13.9µg (3.47%), Selenium: 2.2µg (3.14%), Zinc: 0.39mg (2.61%), Vitamin E: 0.2mg (1.37%), Vitamin B5: 0.12mg (1.15%)