



WHATSheATE



Warm Savoy Cabbage Slaw



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 1.5 cups apple cider vinegar
- ☐ 6 slices bacon thick cut cut into lardons
- ☐ 4 bay leaves
- ☐ 3 carrots grated peeled
- ☐ 1 small bunch chives cut into 2-inch pieces
- ☐ 3 tablespoons mustard seeds
- ☐ 6 servings olive oil extra-virgin

- ☐ 2 onions red julienned
- ☐ 6 servings salt
- ☐ 1 medium head savoy cabbage shredded thick
- ☐ 1 thyme bundle with string

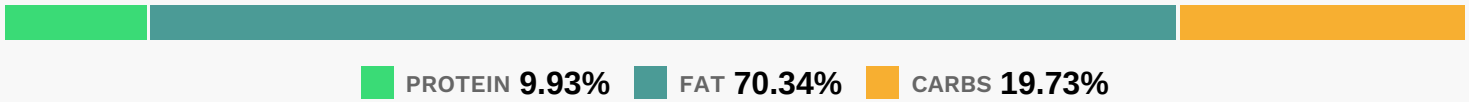
Equipment

- ☐ pot

Directions

- ☐ Coat a large wide pot with olive oil and add the bacon. Render the bacon over medium heat.
- ☐ Add the red onions, season with salt, and sweat for 4 to 5 minutes.
- ☐ Add the carrots and stir to combine.
- ☐ Add the cabbage, cider vinegar, mustard seeds, thyme and bay leaves. Season with salt and taste. This will taste very vinegary but the salt will help offset the sharpness of the vinegar.
- ☐ Reduce to a simmer, cover and cook for 15 to 20 minutes or until the cabbage is very soft.
- ☐ Remove the lid, add the apple cider and simmer for an additional 10 minutes or until most of the vinegar has absorbed but the cabbage is still moist but not soupy.
- ☐ Serve right away or let it hang out in the refrigerator. It will probably be better in a couple of days.
- ☐ Garnish with chives.

Nutrition Facts



Properties

Glycemic Index:46.1, Glycemic Load:3.85, Inflammation Score:-10, Nutrition Score:25.060000106044%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.56mg, Kaempferol: 1.56mg,

Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg
Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 387.14kcal (19.36%), Fat: 30.57g (47.03%), Saturated Fat: 6.88g (42.99%), Carbohydrates: 19.29g (6.43%),
Net Carbohydrates: 12.41g (4.51%), Sugar: 7.98g (8.86%), Cholesterol: 23.76mg (7.92%), Sodium: 501.05mg
(21.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.42%), Vitamin A: 6652.25IU (133.04%),
Vitamin K: 117.52µg (111.92%), Vitamin C: 52.18mg (63.24%), Folate: 142.57µg (35.64%), Manganese: 0.67mg
(33.34%), Selenium: 20.32µg (29.03%), Fiber: 6.88g (27.5%), Vitamin B6: 0.49mg (24.66%), Magnesium: 78.11mg
(19.53%), Vitamin E: 2.92mg (19.44%), Vitamin B1: 0.29mg (19.22%), Potassium: 665.07mg (19%), Phosphorus:
187.8mg (18.78%), Vitamin B3: 2.52mg (12.58%), Iron: 1.7mg (9.46%), Calcium: 94.5mg (9.45%), Copper: 0.18mg
(9%), Zinc: 1.34mg (8.9%), Vitamin B2: 0.12mg (7.04%), Vitamin B5: 0.66mg (6.61%), Vitamin B12: 0.18µg (3%)