



BRAISED RED CABBAGE WITH SEASONAL APPLES

Yield: 8 Servings

Ingredients

- 2 quarts (1 medium head)
- 1 cup
- 1½ tablespoons
- 2 cups
- 4 tablespoons
- 1½ teaspoon
- ½ teaspoon
- ⅓ teaspoon
- ¼ teaspoon
- ⅓ teaspoon

- Red Cabbage, julienned
- Granny Smith Apples, medium dice
- Canola Oil
- Yellow Onion, medium dice
- Apple Cider Vinegar
- Light Brown Suagr
- Ground Cinamon
- Ground Cloves
- Salt
- Black Pepper

Procedures

1. In a rondeau pan, heat oil over medium high heat, add onions and sauté until lightly caramelized.
2. Add cabbage, sauté for another 2 minutes. Add apple cider vinegar, brown sugar, apples, and spices.
3. Simmer at low heat until the cabbage is tender and enjoy.

Nutrition Facts

Serving size	4 oz. (113 g)
Amount per serving	70
Calories	
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 98mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	10%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 276mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

