

# Warm Red Cabbage Slaw with Apple and Caraway Seed

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/caraway-seeds-chinese-recipe>

## Ingredients:

- 3 tablespoons oil divided, any neutral-flavored oil will do
- 2 tablespoons apple cider vinegar
- 1 tablespoon brown sugar
- 1 teaspoon Dijon mustard
- 1/2 red onion thinly sliced
- 1/2 head red cabbage medium, cored and thinly sliced, about 4 cups
- 1 apple small, peeled and shredded, about 1 cup
- kosher salt to taste
- ground black pepper freshly, to taste
- 1/2 teaspoon caraway seed lightly crushed, I used McCormick Gourmet Caraway Seed

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 18 grams
3. Fat: 11 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 230 milligrams
8. Sugar: 12 grams

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