

Christmas Easy: Braised Red Cabbage with Apples

Yield: 12 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-red-cabbage-apple-recipe>

Ingredients:

- 2 pounds red cabbage tough outer leaves removed
- 1 pound apples cooking, peeled, cored and chopped small
- 1 pound onions chopped small
- 1 clove garlic chopped very small
- 1/4 whole nutmeg freshly grated
- 1/4 ground cinnamon level teaspoon
- 1/4 ground cloves level teaspoon
- 3 brown level tablespoons dark, soft sugar
- 3 tablespoons white wine vinegar
- 1/2 ounce butter
- salt
- black pepper

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 3 grams
6. Protein: 1 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 95 milligrams
9. Sugar: 8 grams

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