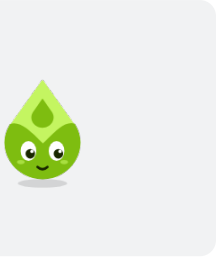
Dinner

Sweet Spiced Red Cabbage with Apples

Red cabbage cooks down gently with apple, cinnamon and cloves, balanced by brown sugar and a splash of white wine vinegar. It makes a warming, colourful side dish for a crowd.

55 min	67	10.4 g	10 g
time	calories	carbs	sugars



Vegetarian | Gluten free | Nut free | Low fat

Ingredients, 8 servings

- [ ] 1 kg red cabbage, cored and finely sliced
- [ ] 2 eating apples, sliced
- [ ] 1 cinnamon stick
- [ ] 8 cloves
- [ ] 1 tbsp light soft brown sugar
- [ ] 2 tbsp white wine vinegar
- [ ] knob of butter

Method

- [ ] **1** Tip the finely sliced red cabbage, sliced eating apples, cinnamon stick, cloves, light soft brown sugar, white wine vinegar and the knob of butter into a large pan with a tight fitting lid.
- [ ] **2** Cover the pan and cook everything over a low heat for 45 minutes, stirring now and then, until the red cabbage is tender.
- [ ] **3** Take off the lid, give the cabbage a final stir and serve it warm.

Nutrition Facts

Per serving

Calories	**67**
Total fat	1.1 g
Saturated fat	0.4 g
Sodium	Not listed
Total carbs	10.4 g
Fiber	4.1 g
Total sugars	10 g
Protein	1.6 g

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