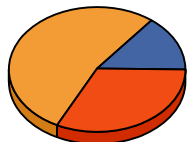




German Red Cabbage

Recipe grams: 1062.65g/37.5oz

Serves 4 265.66g/9.4oz per serving



Protein: 15%
Carbohydrates: 53%
Fat: 32%

INGREDIENTS

1 head RED CABBAGE, RAW, 1 SMALL HEAD (4" DIA)
1 oz PROSCIUTTO, RISERVA STRADOLCE
1 tsp BROWN SUGAR BLEND, SPLENDA, SPLENDA AND BROWN SUGAR
2 cup APPLE W/SKIN, RAW, QUARTERED OR CHOPPED
1 small ONION, RAW
4 tbsp APPLE CIDER VINEGAR, ORGANIC; KOSHER
1 dash SALT, TABLE
1/4 cup WATER, MUNICIPAL

DIRECTIONS

Gently heat ham in a small amount of olive oil. Do not allow to get too hot, only to lightly brown and release flavors. Add sugar and allow the fat in the ham to meld with the sugar. Do not allow the mixture to get too hot or it will caramelize and harden. Add apple and onion and heat gently until the onion releases moisture and softens, about 3 minutes. Add cabbage and coat with the mixture. Add vinegar, heat gently and stir. Add half of water, pinch of salt, cover and allow to braise until satisfactorily tender. Add more water as needed in small portions. A small portion of apple juice concentrate at this point is a nice touch.

Nutrition Facts

4 servings per container

Serving size 1 serving (266g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 220mg **10%**

Total Carbohydrate 22g **8%**

Dietary Fiber 5g **17%**

Total Sugars 14g

Protein 5g

Vit. D 0mcg 0%

Iron 1mg 8%

• Calcium 72mg 6%

• Potas. 440mg 10%