



The Complete Recipe

Ingredients and Simple Steps to Optimal Health

Red Cabbage and Apples

Created by: Pamela M. DeSalvo

Equipment Needed:

Small Slow Cooker
Sharp Knife
Cutting Board
Mixing Spoon

Ingredients:

1/2 head red cabbage, raw
2 medium apples w/skin, raw, chopped
1 onion, sweet, raw, chopped
1 tbsp sugar, brown
1 tsp salt, kosher
1 tsp pepper, black, ground
1 tsp mace, ground
1/4 cup wine, red table
1/2 cup apple juice

Recipe Directions:

Add all ingredients to a slow cooker and cook on low for 6-8 hours. Serve hot.

Serves 4

Nutrient Analysis per Serving:

Calories: 139.4
Total Fat: 0.5
Saturated Fat: 0.1
Trans Fat: 0.0
Polyunsaturated Fat: 0.0
Monounsaturated Fat: 0.0
Cholesterol: 0.0
Sodium: 311.2
Carbs: 32.0
Fiber: 4.7
Sugars: 23.1
Protein: 2.0