

Fried Cabbage with Apples

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

2 apples (of choice), chopped fine
1 medium sweet onion, chopped fine
2 tablespoons butter, melted
1/2 head cabbage, shredded
2 cups water
1/3 cup brown sugar
1/2 cup white vinegar
1 tablespoon butter
salt (to taste)
pepper (to taste)

In a skillet, melt two tablespoons of butter. Add the chopped apples and onion. Cook for 10 minutes.

Add the shredded cabbage. Add the water, a little at a time so that it keeps steaming. Cook for about 10 minutes or until the cabbage is tender.

Add the vinegar and brown sugar.

Before serving, add one tablespoon of butter and salt and pepper to taste.

Per Serving (excluding unknown items): 555 Calories; 35g Fat (53.6% calories from fat); 2g Protein; 66g Carbohydrate; 3g Dietary Fiber; 93mg Cholesterol; 397mg Sodium. Exchanges: 2 Vegetable; 7 Fat; 3 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 555 |
| % Calories from Fat: | 53.6% |
| % Calories from Carbohydrates: | 44.9% |
| % Calories from Protein: | 1.6% |
| Total Fat (g): | 35g |
| Saturated Fat (g): | 22g |
| Monounsaturated Fat (g): | 10g |
| Polyunsaturated Fat (g): | 1g |
| Cholesterol (mg): | 93mg |
| Carbohydrate (g): | 66g |
| Dietary Fiber (g): | 3g |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .2mg |
| Vitamin B12 (mcg): | .1mcg |
| Thiamin B1 (mg): | .1mg |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | 42mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

| | |
|-----------------|---|
| Grain (Starch): | 0 |
|-----------------|---|

Protein (g): 2g
Sodium (mg): 397mg
Potassium (mg): 579mg
Calcium (mg): 110mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 21mg
Vitamin A (i.u.): 1360IU
Vitamin A (r.e.): 327 1/2RE

Lean Meat: 0
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 7
Other Carbohydrates: 3 1/2

Nutrition Facts

Amount Per Serving

Calories 555 **Calories from Fat:** 297

% Daily Values*

| | | |
|----------------------------|-------|------|
| Total Fat | 35g | 54% |
| Saturated Fat | 22g | 108% |
| Cholesterol | 93mg | 31% |
| Sodium | 397mg | 17% |
| Total Carbohydrates | 66g | 22% |
| Dietary Fiber | 3g | 12% |
| Protein | 2g | |

| | |
|------------------|-----|
| Vitamin A | 27% |
| Vitamin C | 36% |
| Calcium | 11% |
| Iron | 12% |

* Percent Daily Values are based on a 2000 calorie diet.