

# Red Cabbage

Lowell Inn - Stillwater, MN

*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 4

1 cup distilled white vinegar  
1 tablespoon sugar  
1 teaspoon salt  
1 head red cabbage, cut into pieces  
3 tablespoons water  
2 apples, peeled, cored and sliced  
1 onion, sliced  
1 large or 2 small bay leaves  
1/4 teaspoon allspice  
a few peppercorns  
1 tablespoon bacon fat  
1 teaspoon cornstarch

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Tie the bay leaf, allspice and peppercorns in cheesecloth.

In a saucepan, mix the vinegar, sugar and salt. Add the apples, onion and spicebag. Stir and cook for 15 minutes.

Add the bacon fat and cook for 15 minutes longer.

In a bowl, mix the cornstarch with a little of the bacon juice. Return to the saucepan to thicken. Stir often.

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Per Serving (excluding unknown items): 102 Calories; 4g Fat (30.3% calories from fat); 1g Protein; 18g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 555mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	102	Vitamin B6 (mg):	.1mg
% Calories from Fat:	30.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	66.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	4g	Folacin (mcg):	12mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	3mg	% Refuse:	0 0%

Carbohydrate (g):	18g
Dietary Fiber (g):	3g
Protein (g):	1g
Sodium (mg):	555mg
Potassium (mg):	170mg
Calcium (mg):	26mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	18mg
Vitamin A (i.u.):	48IU
Vitamin A (r.e.):	5RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	102	Calories from Fat: 31
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### % Daily Values\*

<b>Total Fat</b>	4g	6%
Saturated Fat	2g	8%
<b>Cholesterol</b>	3mg	1%
<b>Sodium</b>	555mg	23%
<b>Total Carbohydrates</b>	18g	6%
Dietary Fiber	3g	11%
<b>Protein</b>	1g	

<b>Vitamin A</b>	1%
<b>Vitamin C</b>	31%
<b>Calcium</b>	3%
<b>Iron</b>	2%

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