

# Braised Cabbage, Yams and Apples

## Gluten Free

<b>Prep Time:</b>	10 min.	<b>Cook Time:</b>	40 min.
-------------------	---------	-------------------	---------

**Description:** Braised cabbage with Stouffer's Yams and Apples – now gluten free. Sweet and Savory side dish, perfect for the fall and winter season.



Ingredients	Measure
<b>Stouffer's Yams &amp; Apples</b> , 1 tray	80 oz.
Pork, cured, bacon, raw, diced	2 oz.
White onion, large dice, 2 cups	.5 lb.
Green cabbage, large dice	2.5 lb.
Chicken stock, 1.5 cups	12 oz.
Vinegar, cider, 0.5 cups	4 oz.

### Procedure:

1.	Bake <b>Stouffer's Yams &amp; Apples</b> according to package directions. Transfer to a large bowl and reserve.
2.	In a wide pot over medium heat, render bacon until crispy. Remove and reserve rendered bacon.
3.	Sweat julienne onions. Once onions are soft, add large diced cabbage. Toss with onions and bacon fat. Season cabbage mixture.
4.	Add chicken stock, and braise cabbage for 30-35 minutes, or until cabbage is completely cooked and 90% of the chicken stock has evaporated.
5.	Stir in vinegar, adjust seasoning. Cook for an additional 3-5 minutes or until the liquid is almost dry.
6.	Gently fold cooked cabbage mix and bacon into the Yams & Apples.

### Nutrient Information:

	Calculated Nutrients per servings at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	88 kcal	85 kcal
	370 kJ	357 kJ
Protein (g)	1 g	1 g
Fats, total (g)	2 g	2 g
Carbohydrate, total (g)	17 g	17 g
Sugars, total (g)	12 g	12 g
Fats, saturated (g)	0 g	0 g
Fiber, total dietary (g)	2 g	2 g
Sodium (mg)	66 mg	63 mg
Calcium (mg)	22 mg	21 mg
Cholesterol (mg)	1 mg	1 mg
Iron (mg)	0 mg	0 mg
Vitamin A, IU	1,753 IU	1,694 IU
Vitamin C (mg)	38 mg	36 mg
Vitamin D (µg)	1 IU	1 IU
Vitamin D (µg)	1 IU	1 IU

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

