

 **100%**  
HEALTH SCORE

# Baked Cajun Cabbage

 **Vegetarian**  **Very Healthy**

READY IN

**45 min.**

SERVINGS

**1**

CALORIES

**6053 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup bell pepper chopped
- 1.3 c bread crumbs italian
- 1.5 c butter
- 1 cabbage
- 1 c celery chopped
- 1.5 lb cheddar cheese
- 4 tbsp flour
- 1 cup spring onion chopped

1.5 c milk

## Equipment

sauce pan

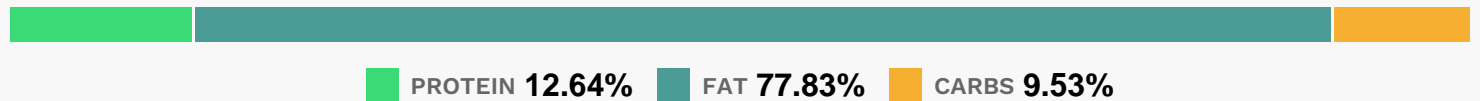
oven

casserole dish

## Directions

cut cabbage into bite sized pieces. boil 10 min until tender crisp. drain. separate saucepan, combine onions, celery and pepper, saute 10 min. add milk. blend well over low heat until smooth. put cabbage in 2 qt casserole dish and top with dauce. sprinkle with green onion and brrad crumbs. bake 350 for 30 minutes

## Nutrition Facts



## Properties

Glycemic Index:330, Glycemic Load:44.66, Inflammation Score:-10, Nutrition Score:84.77826085298%

## Flavonoids

Apigenin: 3.6mg, Apigenin: 3.6mg, Apigenin: 3.6mg, Apigenin: 3.6mg Luteolin: 2.88mg, Luteolin: 2.88mg, Luteolin: 2.88mg, Luteolin: 2.88mg Kaempferol: 3.25mg, Kaempferol: 3.25mg, Kaempferol: 3.25mg, Kaempferol: 3.25mg Quercetin: 13.96mg, Quercetin: 13.96mg, Quercetin: 13.96mg, Quercetin: 13.96mg

## Nutrients (% of daily need)

Calories: 6053.35kcal (302.67%), Fat: 533.56g (820.85%), Saturated Fat: 319.7g (1998.1%), Carbohydrates: 147.05g (49.02%), Net Carbohydrates: 114.97g (41.81%), Sugar: 69.95g (77.72%), Cholesterol: 1456.38mg (485.46%), Sodium: 7174.89mg (311.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 194.99g (389.98%), Vitamin K: 975.33µg (928.88%), Vitamin C: 544.98mg (660.58%), Calcium: 5832.78mg (583.28%), Vitamin A: 22925.03IU (458.5%), Phosphorus: 3948.97mg (394.9%), Selenium: 216.96µg (309.94%), Vitamin B2: 4.43mg (260.5%), Folate: 789.39µg (197.35%), Zinc: 29.59mg (197.24%), Vitamin B12: 9.77µg (162.79%), Fiber: 32.08g (128.32%), Vitamin B6: 2.41mg (120.57%), Vitamin E: 17.74mg (118.28%), Manganese: 2.17mg (108.55%), Potassium: 3659.26mg (104.55%), Magnesium: 404.93mg (101.23%), Vitamin B1: 1.41mg (94.29%), Vitamin B5: 7.4mg (74.02%), Iron: 9.87mg (54.86%), Vitamin D: 8.11µg (54.06%), Vitamin B3: 8.66mg (43.29%), Copper: 0.59mg (29.38%)