



Barbecued Cabbage

 Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

Ingredients

- ☐ 5 slices bacon cut into 1/4-inch slices
- ☐ 0.3 cup barbecue sauce
- ☐ 0.3 cup pepper black
- ☐ 1 tablespoon butter
- ☐ 0.3 cup garlic powder
- ☐ 1 medium cabbage green
- ☐ 1 cup onion chopped
- ☐ 1 cup salt

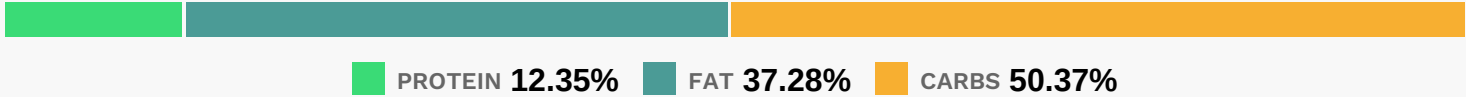
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ sieve
- ☐ grill
- ☐ aluminum foil
- ☐ pastry brush

Directions

- ☐ Parboil cabbage for 20 to 30 minutes.
- ☐ Add bacon and onion to skillet and cook until just beginning to brown but remains soft; about 3 to 5 minutes.
- ☐ Drain bacon and onion in a strainer over a bowl and reserve the drippings.
- ☐ Cut the core out of the cabbage about 3-inches down towards the center and in a circle about 3-inches in diameter.
- ☐ Sprinkle and rub the House Seasoning onto cabbage. With a pastry brush, brush the reserved bacon drippings all over cabbage. Set aside.
- ☐ Add barbecue sauce to the bowl with the bacon and onions.
- ☐ Mix together. Fill cabbage with this mixture.
- ☐ Crumble a piece of aluminum foil into a ring about 3-inches in diameter.
- ☐ Place ring on top of grill and set cabbage on top.
- ☐ Allow to cook for 20 to 25 minutes. Quarter cabbage with a knife when ready to serve.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:6.42, Inflammation Score:-8, Nutrition Score:27.512608745824%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

Nutrients (% of daily need)

Calories: 329.32kcal (16.47%), Fat: 14.72g (22.65%), Saturated Fat: 5.8g (36.25%), Carbohydrates: 44.76g (14.92%), Net Carbohydrates: 33.17g (12.06%), Sugar: 15.35g (17.06%), Cholesterol: 25.67mg (8.56%), Sodium: 28736.3mg (1249.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.95%), Vitamin K: 197.51µg (188.11%), Manganese: 2.54mg (127.19%), Vitamin C: 86.33mg (104.64%), Fiber: 11.59g (46.35%), Vitamin B6: 0.7mg (35.19%), Folate: 115.14µg (28.78%), Potassium: 919.82mg (26.28%), Iron: 3.89mg (21.62%), Vitamin B1: 0.32mg (21.16%), Calcium: 202.82mg (20.28%), Phosphorus: 199.22mg (19.92%), Copper: 0.38mg (19.03%), Magnesium: 74.33mg (18.58%), Selenium: 11.01µg (15.72%), Vitamin B2: 0.18mg (10.74%), Vitamin B3: 2.08mg (10.39%), Vitamin B5: 1.03mg (10.33%), Zinc: 1.53mg (10.17%), Vitamin A: 441.82IU (8.84%), Vitamin E: 0.94mg (6.29%), Vitamin B12: 0.14µg (2.39%)