



## Barbecued Cabbage with Santa Fe Seasonings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



491 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup barbecue sauce (such as Stubbs)
- ☐ 0.3 teaspoon pepper black
- ☐ 2 garlic clove minced
- ☐ 2 pound cabbage green
- ☐ 6 ounces turkey sausage italian hot
- ☐ 2 jalapeno minced seeded
- ☐ 1.5 cups onion chopped
- ☐ 2 cups fries

☐ 0.1 teaspoon salt

Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Soak wood chips in water 1 hour.
- ☐ To prepare grill for indirect grilling, place a disposable aluminum foil pan in center of grill. Arrange charcoal around foil pan; heat to medium heat. Crumple a 12-inch-long piece of aluminum foil with your hands to form a 3-inch ring.
- ☐ Place foil ring on grill rack over foil pan.
- ☐ Cut core from cabbage to create a cone-shaped cavity about 4 inches wide and 3 inches deep. Discard core.
- ☐ Place cabbage, cavity side up, in foil ring.
- ☐ Sprinkle cavity with pepper and salt.
- ☐ Remove casings from sausage. Cook sausage in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Add onion, garlic, and jalapeo to pan; saut 3 minutes or until lightly browned. Stir in barbecue sauce. Spoon sausage mixture into cavity in cabbage. Tent cabbage loosely with additional aluminum foil.
- ☐ Arrange half of wood chips over coals. Cover grill, and grill 40 minutes or until tender when pierced with a skewer.
- ☐ Add additional wood chips and charcoal as needed.
- ☐ Remove foil from top of cabbage, and grill an additional 50 minutes or until browned.
- ☐ Remove any dried or charred leaves. Present stuffed cabbage whole, then cut into wedges.

Nutrition Facts



 **PROTEIN 10.69%**  **FAT 38.55%**  **CARBS 50.76%**

Properties

Glycemic Index:57.33, Glycemic Load:24.29, Inflammation Score:-8, Nutrition Score:27.028260593829%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.2mg, Quercetin: 13.2mg, Quercetin: 13.2mg, Quercetin: 13.2mg

Nutrients (% of daily need)

Calories: 490.78kcal (24.54%), Fat: 21.84g (33.6%), Saturated Fat: 6.94g (43.38%), Carbohydrates: 64.73g (21.58%), Net Carbohydrates: 51.91g (18.88%), Sugar: 17.4g (19.33%), Cholesterol: 22.54mg (7.51%), Sodium: 1274.76mg (55.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.26%), Vitamin K: 174.45µg (166.14%), Vitamin C: 116.7mg (141.46%), Fiber: 12.82g (51.26%), Manganese: 0.81mg (40.37%), Vitamin B6: 0.79mg (39.49%), Iron: 7.01mg (38.92%), Folate: 140.66µg (35.17%), Potassium: 1132.11mg (32.35%), Phosphorus: 254.01mg (25.4%), Vitamin B3: 5.02mg (25.11%), Vitamin B1: 0.29mg (19.58%), Magnesium: 69.1mg (17.28%), Selenium: 11.49µg (16.42%), Vitamin B5: 1.59mg (15.94%), Vitamin B2: 0.23mg (13.76%), Calcium: 134.15mg (13.41%), Zinc: 1.87mg (12.44%), Copper: 0.17mg (8.69%), Vitamin A: 401.01IU (8.02%), Vitamin E: 0.75mg (4.99%), Vitamin B12: 0.18µg (3.05%)