



Boiled Cabbage with Bacon

 Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 3 pounds cabbage cored chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 pound bacon thick-cut chopped
- ☐ 2 cups water as needed

Equipment

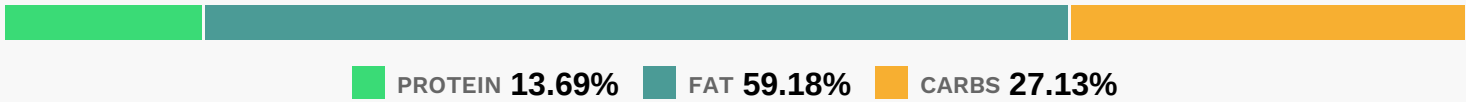
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring cabbage, bacon, 2 cups water, and vinegar to a boil in a large saucepan over medium-high heat. Reduce heat to low and simmer uncovered until cabbage is very tender, about 3 hours, adding more water as needed.
- ☐ Whisk remaining 1/4 cup water and flour together in a small bowl and gradually add to cabbage mixture. Continue to simmer until thickened, about 5 minutes more. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:4.74, Inflammation Score:-6, Nutrition Score:18.208695608637%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 226.46kcal (11.32%), Fat: 15.26g (23.47%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 9.97g (3.63%), Sugar: 7.32g (8.13%), Cholesterol: 24.95mg (8.32%), Sodium: 295.73mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.88%), Vitamin K: 172.54µg (164.32%), Vitamin C: 83.01mg (100.62%), Folate: 102.11µg (25.53%), Fiber: 5.76g (23.05%), Manganese: 0.43mg (21.49%), Vitamin B6: 0.38mg (19.16%), Vitamin B1: 0.26mg (17.49%), Potassium: 474.09mg (13.55%), Selenium: 9.14µg (13.06%), Phosphorus: 117.32mg (11.73%), Vitamin B3: 2.2mg (11%), Calcium: 96.72mg (9.67%), Magnesium: 33.92mg (8.48%), Vitamin B2: 0.13mg (7.87%), Iron: 1.37mg (7.63%), Vitamin B5: 0.7mg (7.03%), Zinc: 0.89mg (5.91%), Vitamin A: 236.79IU (4.74%), Copper: 0.08mg (3.88%), Vitamin E: 0.51mg (3.37%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.15µg (1.01%)