



## Bonus : Do the Cabbage Pack

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

## Ingredients

- 1 teaspoon garlic chopped
- 0.5 head cabbage green
- 2 tablespoons buttery spread light
- 1 small onion sliced
- 1 Dash paprika
- 1 Dash pepper black
- 0.3 cup precooked real bacon crumbled
- 1 Dash salt

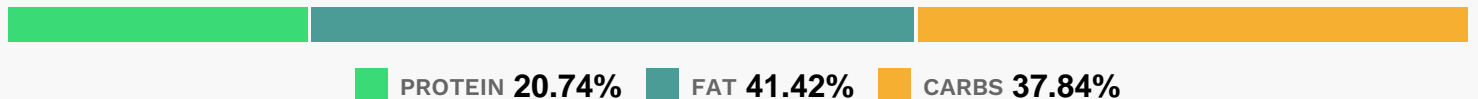
## Equipment

- baking sheet
- oven
- knife
- aluminum foil
- oven mitt

## Directions

- Preheat the oven to 400 degrees F.
- Carefully remove the tough core from the cabbage using a sharp knife. Slice the cabbage half into 4 thin wedges. Halve each wedge, leaving you with 8 "chunks."
- Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.
- Spread the cabbage out in the center, and top with onion.
- Add butter in four evenly spaced dollops over the onion.
- Sprinkle with salt, pepper, and paprika. Top with bacon and garlic.
- Place another large piece of foil over the veggies. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet.
- Place the baking sheet in the oven and bake for 30 to 35 minutes, until the veggies are soft.
- Let it cool slightly. Using oven mitts, carefully flip the packet over, allowing the butter mixture to coat the veggies, and then return to right-side-up.
- Cut the packet to release steam before opening it entirely. (Careful – steam will be hot.) If you like, season with additional salt, pepper, and paprika, to taste. Mmmmm!

## Nutrition Facts



## Properties

Glycemic Index:37, Glycemic Load:2.08, Inflammation Score:-6, Nutrition Score:10.431304501451%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

## **Nutrients (% of daily need)**

Calories: 85.43kcal (4.27%), Fat: 4.2g (6.46%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 5.47g (1.99%), Sugar: 4.38g (4.87%), Cholesterol: 10.09mg (3.36%), Sodium: 283.44mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Vitamin K: 89.68µg (85.41%), Vitamin C: 43.07mg (52.21%), Folate: 52.17µg (13.04%), Fiber: 3.17g (12.66%), Manganese: 0.22mg (11.02%), Vitamin A: 485.37IU (9.71%), Vitamin B6: 0.17mg (8.58%), Vitamin E: 1.28mg (8.56%), Potassium: 224.65mg (6.42%), Vitamin B1: 0.08mg (5.26%), Calcium: 51.17mg (5.12%), Magnesium: 15.72mg (3.93%), Phosphorus: 35.92mg (3.59%), Iron: 0.59mg (3.28%), Vitamin B2: 0.05mg (3.02%), Vitamin B5: 0.27mg (2.68%), Zinc: 0.24mg (1.63%), Copper: 0.03mg (1.56%), Vitamin B3: 0.29mg (1.47%)