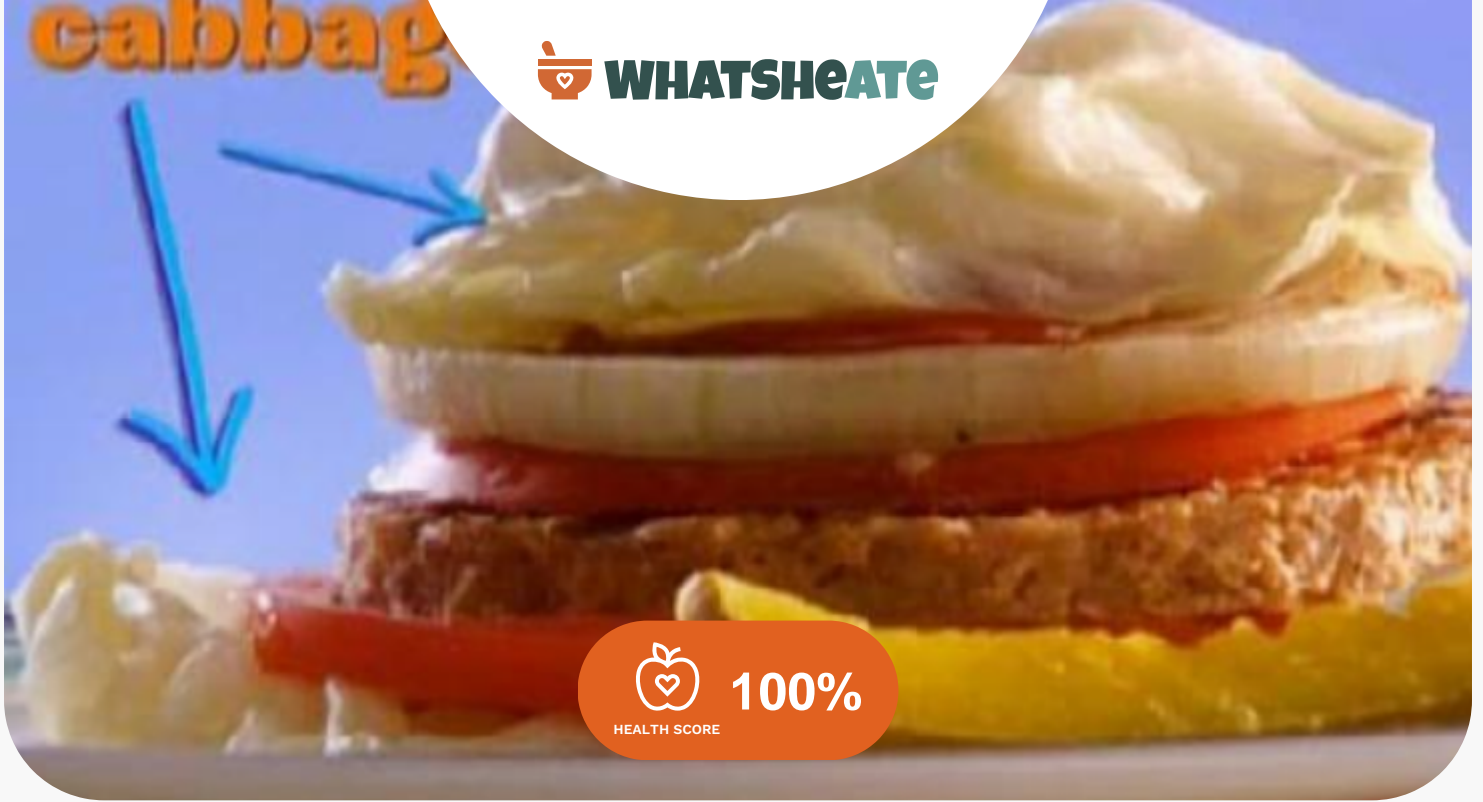


cabbag

WHATSHATE



Bonus : Ginormous Cabbage-Wrapped Burger Stack

 Vegetarian  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 meatless patty frozen with 100 calories hamburger-style
- 1 head cabbage green with a knife cored (you won't use it all!)
- 1 serving catsup
- 1 serving mustard
- 1 slice onion
- 2 slices tomatoes


Equipment

- bowl
- frying pan
- stove
- microwave

Directions

- Serving suggestion: dill pickle spears
- Place the head of cabbage in a large microwave-safe bowl, and microwave for about 4 minutes, until the outer leaves begin to loosen.
- Once cool enough to handle, remove the cabbage from the bowl. Gently remove 2 whole outer leaves from the cabbage, and place them back in the bowl. (Reserve the rest of the cabbage for another use.)
- Add 2 tablespoons of water to the bowl with the cabbage leaves. Cover and microwave for about 2 minutes, until leaves are very soft.
- Meanwhile, spray a skillet with nonstick spray and bring to medium heat on the stove.
- Add the burger patty and onion slice and cook for about 4 minutes per side, until cooked through.
- Top one cabbage leaf with the burger patty, followed by a tomato slice, the onion, and the remaining tomato slice. If you like, top with ketchup and mustard. Gently top with the other leaf.
- Serve with pickles, if you want, and chew!

Nutrition Facts

 **PROTEIN 22.12%**  **FAT 11.86%**  **CARBS 66.02%**

Properties

Glycemic Index:173, Glycemic Load:16.15, Inflammation Score:-10, Nutrition Score:48.009130519369%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 1.78mg,

Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 384.42kcal (19.22%), Fat: 5.62g (8.65%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 70.46g (23.49%), Net Carbohydrates: 43.18g (15.7%), Sugar: 35.08g (38.98%), Cholesterol: 3.5mg (1.17%), Sodium: 756.05mg (32.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.61g (47.22%), Vitamin K: 697.87µg (664.64%), Vitamin C: 344.55mg (417.63%), Vitamin B1: 2.45mg (163.09%), Folate: 489.7µg (122.43%), Manganese: 2.23mg (111.69%), Fiber: 27.28g (109.1%), Vitamin B6: 1.43mg (71.26%), Potassium: 1974.77mg (56.42%), Calcium: 472.42mg (47.24%), Phosphorus: 406.6mg (40.66%), Magnesium: 159.85mg (39.96%), Iron: 6.26mg (34.79%), Vitamin B2: 0.58mg (33.9%), Selenium: 20.42µg (29.17%), Vitamin A: 1431.64IU (28.63%), Vitamin B3: 5.33mg (26.65%), Vitamin B12: 1.41µg (23.45%), Vitamin B5: 2.21mg (22.15%), Copper: 0.37mg (18.31%), Zinc: 2.69mg (17.93%), Vitamin E: 2.05mg (13.69%)