



Braised Cabbage



Vegetarian



Gluten Free

READY IN



8 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 bunch chives fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 large head savoy cabbage separated cored quartered
- ☐ 1 tablespoon vinegar such as cider, white wine or even sherry

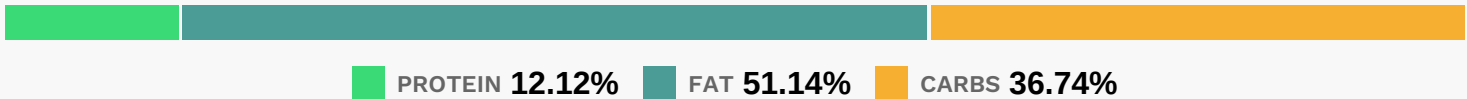
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a big pot of water to a boil over high heat adding 2 to 4 tablespoons of salt to make the water taste like the sea.
- ☐ Add the vinegar, and then the cabbage and boil over high heat until the cabbage is wilted (don't overcook it – it should still have tooth), 2 to 3 minutes.
- ☐ Drain, then toss in a bowl with the butter, oil, the parsley, chives, and salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:2.22, Inflammation Score:-9, Nutrition Score:19.819130405136%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.44mg, Apigenin: 4.44mg, Apigenin: 4.44mg, Apigenin: 4.44mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 138.79kcal (6.94%), Fat: 8.69g (13.38%), Saturated Fat: 3.08g (19.22%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 6.95g (2.53%), Sugar: 5.19g (5.77%), Cholesterol: 10.03mg (3.34%), Sodium: 94.47mg (4.11%), Alcohol: 0.26g (100%), Alcohol %: 0.14% (100%), Protein: 4.64g (9.27%), Vitamin K: 181.83µg (173.17%), Vitamin C: 72.23mg (87.56%), Vitamin A: 2510.66IU (50.21%), Folate: 183.89µg (45.97%), Fiber: 7.1g (28.42%), Vitamin B6: 0.43mg (21.7%), Manganese: 0.43mg (21.35%), Magnesium: 64.79mg (16.2%), Potassium: 533.98mg (15.26%), Vitamin B1: 0.16mg (10.7%), Phosphorus: 97.89mg (9.79%), Calcium: 83.31mg (8.33%), Vitamin E: 1.18mg (7.85%), Copper: 0.14mg (7.22%), Iron: 1.04mg (5.77%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.64mg (4.24%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.71mg (3.53%), Selenium: 2.1µg (3%)