



Braised Cabbage and Carrots



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce baby carrots
- ☐ 1 teaspoon cayenne
- ☐ 1 teaspoon celery seed
- ☐ 1 tablespoon garlic powder
- ☐ 3 pounds cabbage green
- ☐ 0.5 tablespoon lemon pepper
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 4 slices extra-thick bacon cut into 1-inch squares

☐ 1 cup water

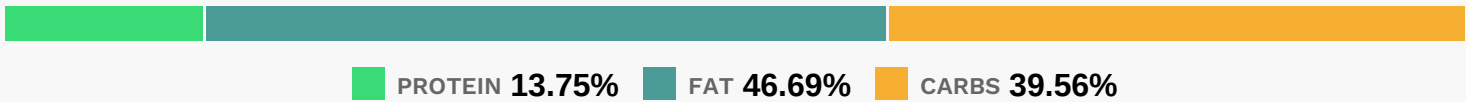
Equipment

☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Core cabbage and chop into 2-inch pieces. Clean thoroughly and let drain.
- ☐ In a large pot over medium heat, cook bacon halfway through. It will release its fat and be lightly browned, but still moist.
- ☐ Add the cabbage, water and Smash Seasoning. Cover and reduce to a simmer and steam 2 hours, stirring every 15 minutes.
- ☐ Drain water from pot and add carrots. Cover and simmer another 15 minutes, until carrots are tender.
- ☐ Add salt and pepper, to taste.
- ☐ Mix ingredients thoroughly and keep in a tightly sealed container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:23.27086962306%

Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg 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: 181.6kcal (9.08%), Fat: 9.98g (15.36%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 11.59g (4.22%), Sugar: 9.58g (10.64%), Cholesterol: 15.84mg (5.28%), Sodium: 240.08mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.23%), Vitamin K: 178.06µg (169.58%), Vitamin A: 6888.96IU (137.78%), Vitamin C: 84.56mg (102.5%), Fiber: 7.44g (29.77%), Manganese: 0.56mg (27.92%), Folate: 111.39µg (27.85%), Vitamin B6: 0.43mg (21.48%), Potassium: 580.31mg (16.58%), Vitamin B1: 0.23mg (15.16%),

Calcium: 118.32mg (11.83%), Phosphorus: 116.02mg (11.6%), Iron: 1.89mg (10.52%), Magnesium: 39.24mg (9.81%),
Vitamin B3: 1.82mg (9.08%), Selenium: 6.35µg (9.07%), Vitamin B5: 0.82mg (8.22%), Vitamin B2: 0.13mg (7.89%),
Copper: 0.13mg (6.38%), Zinc: 0.85mg (5.69%), Vitamin E: 0.56mg (3.74%), Vitamin B12: 0.12µg (2%)