



Braised Cabbage and Leeks with Turkey Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup dijon mustard
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 pounds cabbage green divided thinly sliced
- ☐ 1.5 cups leek sliced (3 small)
- ☐ 1 pound turkey sausage smoked cut into 6 pieces

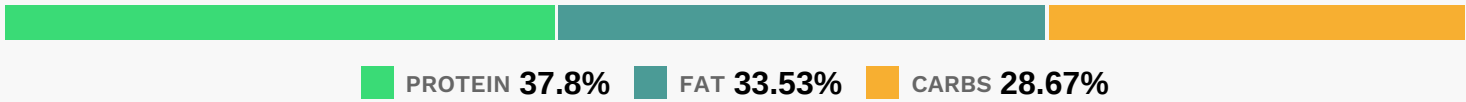
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add 4 cups cabbage and leek. Cover and cook 5 minutes. Stir in remaining cabbage and pepper. Cover and cook 5 minutes; stir in broth.
- ☐ Add sausage to pan, nestling pieces into vegetable mixture. Cover and cook 10 minutes or until sausage is heated.
- ☐ Serve with mustard.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:3.12, Inflammation Score:-7, Nutrition Score:19.666956621668%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 175.84kcal (8.79%), Fat: 6.71g (10.33%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 8.27g (3.01%), Sugar: 5.88g (6.54%), Cholesterol: 56.7mg (18.9%), Sodium: 671.48mg (29.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.03g (34.05%), Vitamin K: 125.66µg (119.68%), Vitamin C: 59.79mg (72.47%), Vitamin B6: 0.58mg (28.76%), Manganese: 0.42mg (21.04%), Folate: 83.96µg (20.99%), Vitamin B3: 4.09mg (20.43%), Phosphorus: 194.33mg (19.43%), Fiber: 4.65g (18.59%), Zinc: 2.68mg (17.89%), Vitamin B12: 1.02µg (17.01%), Vitamin B2: 0.25mg (15%), Potassium: 517.5mg (14.79%), Iron: 2.26mg (12.57%), Vitamin B1: 0.18mg (12.32%), Vitamin B5: 1.18mg (11.78%), Vitamin A: 583.6IU (11.67%), Magnesium: 44.05mg (11.01%), Calcium: 95.63mg (9.56%), Copper: 0.13mg (6.64%), Selenium: 4.62µg (6.61%), Vitamin E: 0.57mg (3.78%)