



Braised Napa Cabbage with Bacon, Red Wine Vinegar, and Mint



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces bacon diced
- ☐ 2 cups chicken stock see
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 2 tablespoons honey
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 pounds napa cabbage thinly sliced
- ☐ 1 cup red wine vinegar

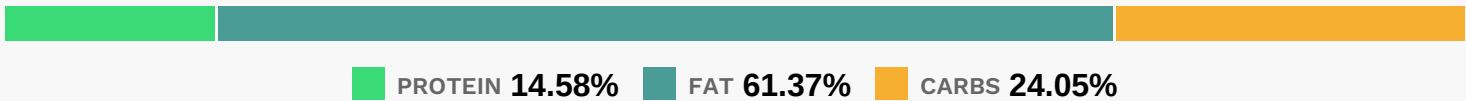
Equipment

- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place medium-sized roasting pan on burner over medium-high heat, add the bacon and cook until crisp.
- ☐ Remove the bacon with a slotted spoon to a plate lined with paper towels.
- ☐ Place cabbage in a roasting pan with rendered bacon fat, stir in the vinegar, honey and chicken stock and season with salt and pepper. Cover with foil and roast in the oven until wilted, about 30 minutes.
- ☐ Remove from the oven and stir in the mint.
- ☐ Transfer to a platter and sprinkle with the cooked bacon.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:6, Inflammation Score:-8, Nutrition Score:22.100435205128%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 361.2kcal (18.06%), Fat: 24.42g (37.58%), Saturated Fat: 8.03g (50.18%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 18.57g (6.75%), Sugar: 13.72g (15.24%), Cholesterol: 41.02mg (13.67%), Sodium: 573.35mg (24.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.12%), Vitamin K: 97.7µg (93.05%), Vitamin C: 62.62mg (75.9%), Folate: 188.25µg (47.06%), Vitamin B6: 0.76mg (37.81%), Manganese: 0.52mg (25.76%), Vitamin B3: 5.14mg (25.7%), Potassium: 822.36mg (23.5%), Selenium: 15.49µg (22.12%), Vitamin B1: 0.29mg (19.42%), Calcium: 191.8mg (19.18%), Phosphorus: 187mg (18.7%), Vitamin A: 852.54IU (17.05%), Vitamin B2: 0.27mg (16.01%), Fiber: 2.97g (11.87%), Magnesium: 45.86mg (11.46%), Zinc: 1.43mg (9.52%), Copper: 0.19mg (9.48%), Iron: 1.64mg (9.1%), Vitamin B5: 0.57mg (5.7%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.55mg (3.69%), Vitamin D: 0.23µg (1.51%)