



Butter Garlic Cabbage and Kluski Noodles

READY IN



40 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 large head cabbage cored finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 pinch garlic powder to taste
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 12 ounce kluski noodles
- ☐ 1 pinch pepper flakes red crushed
- ☐ 0.5 teaspoon herb seasoning dried italian
- ☐ 1 onion sweet finely chopped

☐ 0.3 cup water

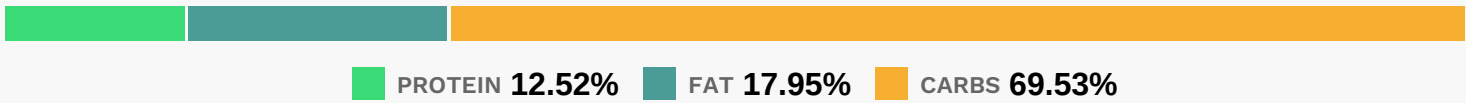
Equipment

☐ pot

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil. Stir in kluski noodles and return to a boil. Cook kluski noodles uncovered, stirring occasionally, until tender but still slightly firm, 7 to 10 minutes.
- ☐ Drain well. Return to pot and stir in 3 tablespoons butter until butter has melted and coated the noodles. Set noodles aside.
- ☐ Melt 2 tablespoons butter in a large pot over medium heat; cook and stir sweet onion in butter until translucent, about 5 minutes.
- ☐ Add garlic; cook and stir until fragrant, about 30 seconds.
- ☐ Thoroughly mix in crushed red pepper flakes and Italian seasoning. Stir cabbage and water into onion mixture until well combined. Cover and cook, stirring often, until cabbage is tender and reduced in volume by about half, 15 to 20 minutes. There should be a small amount of liquid left in pot.
- ☐ Gently stir the buttered kluski noodles into the cabbage mixture until well combined. For a more buttery flavor, stir in 3 more tablespoons butter if desired; season to taste with salt, black pepper, and garlic powder.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:20.18, Inflammation Score:-8, Nutrition Score:22.608695556936%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg

Nutrients (% of daily need)

Calories: 333.63kcal (16.68%), Fat: 6.82g (10.49%), Saturated Fat: 3.84g (23.97%), Carbohydrates: 59.38g (19.79%), Net Carbohydrates: 51.63g (18.78%), Sugar: 10.98g (12.2%), Cholesterol: 15.05mg (5.02%), Sodium: 91.39mg (3.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.39%), Vitamin K: 161.55µg (153.86%), Vitamin C: 79.2mg (96%), Selenium: 37.02µg (52.89%), Manganese: 0.95mg (47.53%), Fiber: 7.75g (30.98%), Folate: 113.59µg (28.4%), Vitamin B6: 0.43mg (21.6%), Phosphorus: 180.74mg (18.07%), Potassium: 559.74mg (15.99%), Magnesium: 61.87mg (15.47%), Vitamin B1: 0.2mg (13.63%), Copper: 0.24mg (12.2%), Calcium: 117.6mg (11.76%), Iron: 2.05mg (11.37%), Zinc: 1.28mg (8.55%), Vitamin B2: 0.13mg (7.92%), Vitamin A: 391.92IU (7.84%), Vitamin B3: 1.56mg (7.79%), Vitamin B5: 0.76mg (7.6%), Vitamin E: 0.63mg (4.21%)