

Buttered Cabbage



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 1 knob butter
- ☐ 2 tablespoons butter
- ☐ 8 servings salt and pepper freshly ground
- ☐ 1 lb savoy cabbage fresh

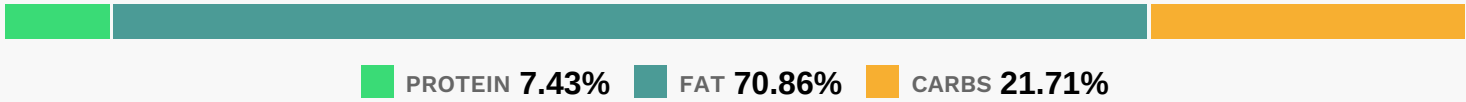
Equipment

- ☐ sauce pan

Directions

- ☐ Remove all the tough outer leaves from the cabbage.
- ☐ Cut the cabbage into four, remove the stalk and then cut each quarter into fine shreds, working across the grain. Put 2 or 3 tablespoons of water into a wide saucepan, together with the butter and a pinch of salt. Bring to a boil, add the cabbage and toss over a high heat, then cover the saucepan and cook for a few minutes. Toss again and add some salt, freshly ground pepper and the knob of butter.
- ☐ Serve immediately.
- ☐ From Irish Traditional Cooking by Darina Allen, (C) 1995 (reprinted 2005)

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:5.5273913605058%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 59.22kcal (2.96%), Fat: 5.02g (7.73%), Saturated Fat: 3.16g (19.72%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 1.7g (0.62%), Sugar: 1.29g (1.43%), Cholesterol: 13.17mg (4.39%), Sodium: 249.05mg (10.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin K: 39.44µg (37.56%), Vitamin C: 17.58mg (21.31%), Vitamin A: 720.05IU (14.4%), Folate: 45.54µg (11.39%), Fiber: 1.76g (7.03%), Vitamin B6: 0.11mg (5.4%), Manganese: 0.1mg (5.13%), Magnesium: 16mg (4%), Potassium: 131.92mg (3.77%), Vitamin B1: 0.04mg (2.67%), Phosphorus: 25.28mg (2.53%), Calcium: 21.43mg (2.14%), Copper: 0.04mg (1.77%), Vitamin E: 0.24mg (1.59%), Iron: 0.23mg (1.28%), Vitamin B5: 0.11mg (1.13%), Vitamin B2: 0.02mg (1.12%), Zinc: 0.16mg (1.06%)