



Buttered Cabbage with Caraway



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 2 pound cabbage green
- ☐ 4 Tbsp butter
- ☐ 1 teaspoon caraway seeds
- ☐ 0.5 teaspoon celery seeds
- ☐ 4 servings salt
- ☐ 0.5 teaspoon pepper black

Equipment

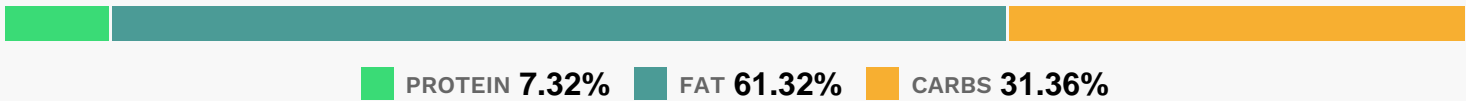
- ☐ frying pan

- ☐ knife
- ☐ pot

Directions

- ☐ Heat a large (8-quart) pot of well salted water to a boil.
- ☐ Prep the cabbage: While the water is heating, prepare the cabbage. Peel away and discard and discolored or old outer leaves.
- ☐ Cut the head of cabbage into quarters, through the core, and cut away and discard the core. Use your hands to tear the cabbage into large (about 1 to 2 inch) pieces. (Or use a knife.)
- ☐ Boil leaves for 90 seconds: Once the water is at a rolling boil, add the torn cabbage leaves to the water. Submerge the leaves in the hot water. Cook for 90 seconds, then drain the pot of its water. Return the cabbage leaves to the pot.
- ☐ Melt butter, toss with cabbage, caraway, celery seeds, salt: Stir 4 tablespoons of butter into the cabbage. The cabbage and the pan are both hot, so the butter should melt quickly in the pan.
- ☐ If you are using unsalted butter, you will want to add more salt to the cabbage. Start with half a teaspoon and add more if needed.
- ☐ Sprinkle with caraway seeds, celery seeds, and black pepper, and toss to combine.
- ☐ Serve immediately. Great with pork, veal, or frankfurters.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:3.33, Inflammation Score:-7, Nutrition Score:16.252608684094%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg 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: 161.79kcal (8.09%), Fat: 11.89g (18.29%), Saturated Fat: 7.39g (46.17%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 7.72g (2.81%), Sugar: 7.27g (8.08%), Cholesterol: 30.53mg (10.18%), Sodium: 326.45mg (14.19%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Vitamin K: 173.77µg (165.49%), Vitamin C: 83.16mg (100.79%), Folate: 98.07µg (24.52%), Fiber: 5.95g (23.81%), Manganese: 0.42mg (21.03%), Vitamin B6: 0.29mg (14.32%), Vitamin A: 580.43IU (11.61%), Potassium: 402.58mg (11.5%), Calcium: 103.22mg (10.32%), Vitamin B1: 0.14mg (9.47%), Magnesium: 30.32mg (7.58%), Iron: 1.29mg (7.16%), Phosphorus: 66.98mg (6.7%), Vitamin B2: 0.1mg (5.8%), Vitamin B5: 0.5mg (5%), Vitamin E: 0.69mg (4.58%), Zinc: 0.47mg (3.13%), Vitamin B3: 0.57mg (2.83%), Copper: 0.05mg (2.73%), Selenium: 0.93µg (1.32%)