



Cabbage And Carrots Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



60 kcal

SIDE DISH

Ingredients

- 1 cup freshly carrot shredded
- 1 teaspoon juice of lemon
- 1.5 teaspoons butter light
- 4 cups napa cabbage chinese finely sliced ()
- 2 tablespoons parmesan cheese fresh grated
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

Equipment

frying pan

Directions

- Melt butter in a large nonstick skillet over medium heat.
- Add cabbage and carrot; cover and cook 5 minutes, stirring once.
- Remove from heat; add cheese and remaining ingredients, and stir well.
- Serve immediately.

Nutrition Facts

PROTEIN 17.87% **FAT 35.08%** **CARBS 47.05%**

Properties

Glycemic Index:45.94, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:13.550000078004%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 59.65kcal (2.98%), Fat: 2.53g (3.89%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 5.2g (1.89%), Sugar: 3.52g (3.91%), Cholesterol: 4.88mg (1.63%), Sodium: 286.67mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin A: 7518.57IU (150.37%), Vitamin K: 49.42µg (47.06%), Vitamin C: 30.52mg (37%), Folate: 88.77µg (22.19%), Vitamin B6: 0.3mg (14.91%), Calcium: 133.35mg (13.33%), Manganese: 0.27mg (13.28%), Potassium: 385.39mg (11.01%), Fiber: 2.44g (9.75%), Phosphorus: 68.56mg (6.86%), Vitamin B2: 0.09mg (5.21%), Magnesium: 20.13mg (5.03%), Vitamin B1: 0.07mg (4.72%), Vitamin B3: 0.84mg (4.18%), Vitamin E: 0.45mg (3.02%), Zinc: 0.44mg (2.91%), Copper: 0.06mg (2.91%), Iron: 0.51mg (2.82%), Vitamin B5: 0.24mg (2.41%), Selenium: 1.43µg (2.05%)