



Cabbage and Radicchio Stir-fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon fennel seed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1.3 lb napa cabbage
- ☐ 10 oz radicchio thinly red
- ☐ 1 teaspoon salad oil
- ☐ 1 tablespoon asian sesame oil toasted ()

☐ 2 tablespoons soya sauce

Equipment

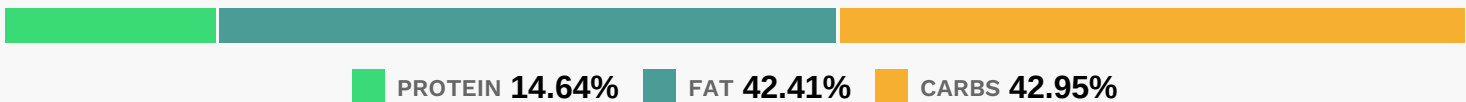
☐ frying pan

☐ wok

Directions

- ☐ Remove core from napa cabbage; discard core.
- ☐ Cut the cabbage crosswise into thin shreds to make about 2 quarts.
- ☐ Cut the radicchio in half through core; remove and discard core.
- ☐ Cut the radicchio into thin shreds to make about 1 quart.
- ☐ Place a wok or 5- to 6-quart pan over high heat. When the pan is hot, add salad oil, the garlic and ginger, and the fennel seed; stir 30 seconds.
- ☐ Add the napa cabbage, the radicchio, and the soy sauce; cover pan and cook for 1 minute.
- ☐ Remove pan lid, and stir-fry until vegetables wilt, about 2 minutes longer. Stir in half of the chopped cilantro and all of the sesame oil.
- ☐ Transfer vegetables to a serving dish; sprinkle with remaining cilantro and sesame seed before serving.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:11.744347862575%

Flavonoids

Cyanidin: 99.14mg, Cyanidin: 99.14mg, Cyanidin: 99.14mg, Cyanidin: 99.14mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 63.61kcal (3.18%), Fat: 3.34g (5.13%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 5.24g (1.9%), Sugar: 3.28g (3.64%), Cholesterol: 0mg (0%), Sodium: 357.34mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin C: 53.07mg (64.32%), Vitamin K: 61.47µg (58.54%), Folate: 84.81µg (21.2%), Manganese: 0.37mg (18.42%), Vitamin A: 873.33IU (17.47%), Vitamin B6: 0.35mg (17.34%), Potassium: 370.41mg (10.58%), Calcium: 101.66mg (10.17%), Fiber: 2.37g (9.48%), Magnesium: 24.45mg (6.11%), Vitamin B2: 0.09mg (5.45%), Phosphorus: 53.25mg (5.32%), Iron: 0.91mg (5.06%), Vitamin B1: 0.08mg (5.05%), Vitamin B3: 0.86mg (4.28%), Copper: 0.06mg (3.04%), Zinc: 0.38mg (2.52%), Vitamin E: 0.34mg (2.23%), Vitamin B5: 0.2mg (2.03%), Selenium: 1.05µg (1.51%)