

 **63%**
HEALTH SCORE

Cabbage and Rice

 Vegetarian Vegan Gluten Free Dairy Free Very Healthy

READY IN

**35 min.**

SERVINGS

**8**

CALORIES

**146 kcal**

SIDE DISH

Ingredients

- ☐ 1 head cabbage shredded cored
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 clove garlic crushed
- ☐ 2 teaspoons olive oil
- ☐ 1 medium onion chopped
- ☐ 0.5 cup jalapeno pepper rings
- ☐ 2 cups water
- ☐ 1 cup rice long grain white

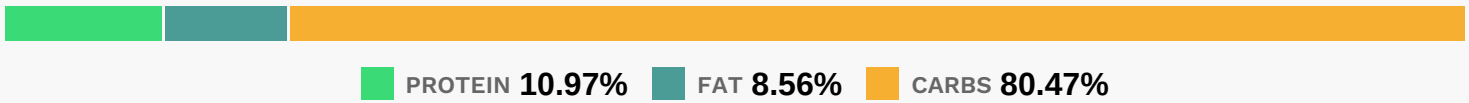
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a saucepan, combine the rice and water. Bring to a boil. Cover and reduce heat to low. Simmer for 15 to 20 minutes, until water is absorbed and rice is tender.
- ☐ Meanwhile, heat the olive oil in a large pot.
- ☐ Add the onion and garlic; cook and stir until fragrant, about 3 minutes.
- ☐ Add the cabbage, and cook for about 10 minutes, stirring occasionally, until the cabbage cooks down.
- ☐ Mix in the tomatoes, pepper rings and cooked rice. Simmer for 10 to 15 minutes to blend the flavors together.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:14.21, Inflammation Score:-6, Nutrition Score:14.440434787584%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 145.75kcal (7.29%), Fat: 1.45g (2.23%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 26.08g (9.48%), Sugar: 6.74g (7.49%), Cholesterol: 0mg (0%), Sodium: 93.17mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin K: 90.71µg (86.39%), Vitamin C: 54.07mg (65.54%), Manganese: 0.56mg (27.83%), Fiber: 4.51g (18.05%), Folate: 61.48µg (15.37%), Vitamin B6: 0.3mg (15.02%), Potassium: 405.64mg (11.59%), Copper: 0.19mg (9.25%), Vitamin B1: 0.13mg (8.89%), Magnesium: 32.58mg (8.15%), Iron: 1.44mg (8.01%), Vitamin E: 1.19mg (7.91%), Phosphorus: 78.57mg (7.86%), Calcium: 75.65mg

(7.56%), Vitamin B3: 1.35mg (6.77%), Vitamin B5: 0.65mg (6.55%), Selenium: 4.29µg (6.12%), Vitamin A: 282.65IU (5.65%), Vitamin B2: 0.09mg (5.38%), Zinc: 0.64mg (4.24%)