



Cabbage Balushka or Cabbage and Noodles

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 head cabbage cored chopped
- ☐ 16 ounce extra wide egg noodles
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 large onion chopped

Equipment

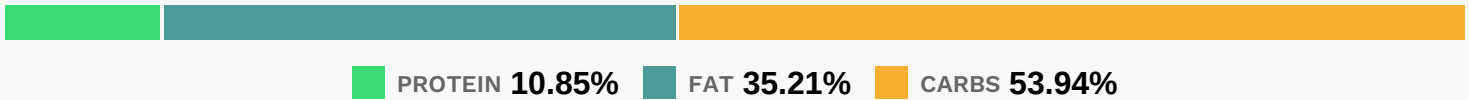
- ☐ frying pan
- ☐ pot

☐ wok

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil. Stir in egg noodles and return to a boil. Cook noodles uncovered, stirring occasionally, until tender but still slightly firm, about 5 minutes.
- ☐ Drain well.
- ☐ Melt butter in a large skillet or wok over medium heat; cook and stir onion until browned, about 8 minutes.
- ☐ Cook and stir cabbage into onions until cabbage has wilted, another 5 to 8 minutes.
- ☐ Gently stir cooked noodles into cabbage mixture; season with salt and black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:25.34, Inflammation Score:-7, Nutrition Score:23.558260803637%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 474.02kcal (23.7%), Fat: 18.88g (29.04%), Saturated Fat: 10.68g (66.74%), Carbohydrates: 65.07g (21.69%), Net Carbohydrates: 58.34g (21.21%), Sugar: 7.34g (8.15%), Cholesterol: 104.17mg (34.72%), Sodium: 165.77mg (7.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.18%), Vitamin K: 116.98µg (111.41%), Selenium: 60.34µg (86.21%), Vitamin C: 57.24mg (69.38%), Manganese: 0.93mg (46.68%), Fiber: 6.73g (26.91%), Phosphorus: 233.49mg (23.35%), Folate: 92.33µg (23.08%), Vitamin B6: 0.38mg (19.09%), Magnesium: 65.06mg (16.26%), Vitamin B1: 0.23mg (15.56%), Potassium: 484.1mg (13.83%), Vitamin A: 668.95IU (13.38%), Copper: 0.26mg (13.22%), Iron: 2.21mg (12.3%), Zinc: 1.78mg (11.9%), Vitamin B5: 1.06mg (10.63%), Vitamin B3: 1.98mg (9.9%), Calcium: 97.73mg (9.77%), Vitamin B2: 0.14mg (8.35%), Vitamin E: 0.95mg (6.34%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.23µg (1.51%)