



Cabbage-Carrot Casserole

READY IN



65 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 pounds cabbage sliced into thin strips
- ☐ 2 large carrots grated
- ☐ 2 cubes chicken bouillon
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon paprika to taste
- ☐ 2 ounces cheddar cheese shredded to taste
- ☐ 2 cups water

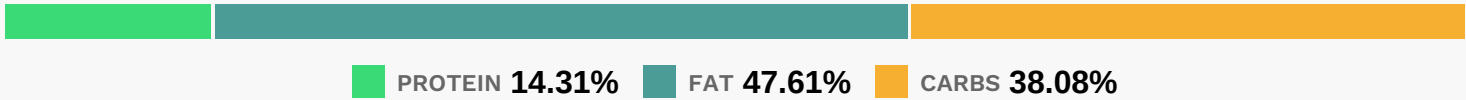
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Dissolve bouillon cubes in water in a large pot over medium-high heat. Cook cabbage and carrots in the seasoned water until tender, 20 to 30 minutes.
- ☐ Drain, reserving 1/2 cup of the cooking liquid.
- ☐ Transfer cabbage and carrots to an 8x11-inch casserole dish.
- ☐ Melt butter in a saucepan over medium heat. Stir flour into melted butter until hot, about 1 minutes.
- ☐ Pour reserved cooking liquid and milk into the flour mixture; stir until smooth.
- ☐ Add cheese to milk mixture; cook and stir until cheese is melted and the mixture is smooth and thick.
- ☐ Pour cheese sauce over cabbage and carrots; stir to coat. Season with paprika.
- ☐ Bake in preheated oven until hot and bubbly, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:36.98, Glycemic Load:3.57, Inflammation Score:-9, Nutrition Score:14.278260868529%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin:

0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 105.9kcal (5.3%), Fat: 5.92g (9.11%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 7.24g (2.63%), Sugar: 5.25g (5.84%), Cholesterol: 16.44mg (5.48%), Sodium: 111.52mg (4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin K: 89.08µg (84.83%), Vitamin A: 3332.18IU (66.64%), Vitamin C: 42.57mg (51.6%), Folate: 57.24µg (14.31%), Fiber: 3.41g (13.65%), Calcium: 123.22mg (12.32%), Manganese: 0.22mg (11.11%), Vitamin B6: 0.18mg (9.1%), Phosphorus: 86.71mg (8.67%), Potassium: 283mg (8.09%), Vitamin B1: 0.11mg (7.12%), Vitamin B2: 0.12mg (7.02%), Magnesium: 20.7mg (5.18%), Selenium: 3.33µg (4.76%), Zinc: 0.59mg (3.97%), Vitamin B5: 0.39mg (3.89%), Iron: 0.7mg (3.88%), Vitamin E: 0.45mg (3%), Vitamin B3: 0.58mg (2.9%), Vitamin B12: 0.16µg (2.72%), Copper: 0.04mg (2.24%), Vitamin D: 0.21µg (1.4%)