



# Cabbage Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



354 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 bay leaves
- 0.5 head cabbage
- 500 gram canned tomatoes diced canned
- 2 carrots
- 2 cloves garlic
- 2 tablespoons seasoning dried italian
- 1 leek
- 2 servings olive oil

- 0.5 onion
- 2 servings salt and pepper
- 500 ml vegetable stock

## Equipment

- frying pan
- pot

## Directions

- Slice the leeks, mince the onion, dice the carrots, and chop the cabbage.
- Saute the onion and carrots in a large pot until the onions are translucent and the carrots start to get soft. Meanwhile, in another pan, lightly fry the cabbage.
- Add the leeks to the pot with onion and carrots and cook for another couple minutes.
- Add the tomatoes and vegetable broth to the pot along with the garlic and bay leaves. Bring to a boil and reduce to a simmer. When the cabbage starts to brown, add it to the pot.
- Let simmer for another 10–15 minutes until all the vegetables are tender. Be careful not to let them get too soft. Season with fresh or dried herbs, add salt and pepper to taste.
- Serve with ciabatta.

## Nutrition Facts



## Properties

Glycemic Index:133.92, Glycemic Load:14.46, Inflammation Score:-10, Nutrition Score:38.027826122616%

## Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

## Nutrients (% of daily need)

Calories: 354.11kcal (17.71%), Fat: 15.47g (23.8%), Saturated Fat: 2.24g (14%), Carbohydrates: 53.81g (17.94%), Net Carbohydrates: 38.2g (13.89%), Sugar: 26.4g (29.34%), Cholesterol: 0mg (0%), Sodium: 1612.09mg (70.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.38%), Vitamin A: 12313.42IU (246.27%), Vitamin K: 254.41µg (242.3%), Vitamin C: 118.15mg (143.22%), Manganese: 1.47mg (73.29%), Fiber: 15.62g (62.46%), Vitamin B6: 0.97mg (48.42%), Vitamin E: 7.21mg (48.1%), Folate: 187.52µg (46.88%), Potassium: 1509.59mg (43.13%), Iron: 7.51mg (41.7%), Copper: 0.63mg (31.67%), Calcium: 314.88mg (31.49%), Magnesium: 114.14mg (28.54%), Vitamin B1: 0.42mg (28.03%), Vitamin B3: 4.65mg (23.25%), Phosphorus: 196.02mg (19.6%), Vitamin B2: 0.31mg (18.06%), Vitamin B5: 1.5mg (15.03%), Zinc: 1.5mg (10.02%), Selenium: 3.48µg (4.97%)