

Cabbage Stir-fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 1 bell pepper green thinly sliced
- ☐ 1 tablespoon juice of lime
- ☐ 1 small onion thinly sliced
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cabbage red thinly sliced
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil

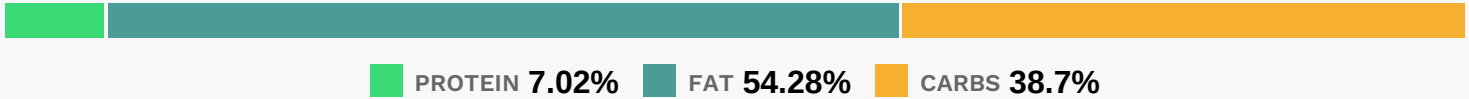
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat oil in large skillet or wok at high heat 3 to 4 minutes.
- ☐ Add cabbage, bell pepper, and onion, and stir-fry 7 to 10 minutes or until crisp-tender or to desired degree of doneness. Stir in cilantro and remaining ingredients.
- ☐ Spicy Cabbage Stir-fry: Stir in 3 tablespoons jalapeo jelly with cabbage, bell pepper, and onion. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:9.0165216300799%

Flavonoids

Cyanidin: 146.71mg, Cyanidin: 146.71mg, Cyanidin: 146.71mg, Cyanidin: 146.71mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 71.89kcal (3.59%), Fat: 4.71g (7.24%), Saturated Fat: 0.73g (4.53%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 5.44g (1.98%), Sugar: 3.71g (4.12%), Cholesterol: 0mg (0%), Sodium: 408.52mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin C: 57.95mg (70.24%), Vitamin K: 43.05µg (41%), Vitamin A: 991.01IU (19.82%), Manganese: 0.24mg (12.02%), Vitamin B6: 0.21mg (10.45%), Fiber: 2.11g (8.45%), Potassium: 237.28mg (6.78%), Folate: 18.3µg (4.58%), Vitamin B1: 0.06mg (4.24%), Iron: 0.71mg (3.94%), Calcium: 38.8mg (3.88%), Vitamin E: 0.58mg (3.87%), Magnesium: 15.35mg (3.84%), Vitamin B2: 0.06mg (3.58%),

Phosphorus: 29.9mg (2.99%), Vitamin B3: 0.43mg (2.14%), Copper: 0.04mg (1.86%), Vitamin B5: 0.15mg (1.54%),
Zinc: 0.21mg (1.43%)