



## Cabbage Success

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

### Ingredients

- 1 tablespoon brown sugar
- 4 tablespoons butter
- 1 head cabbage shredded cored
- 1 onion chopped
- 1 pinch salt
- 1 pinch pepper white
- 1 cup milk whole

### Equipment

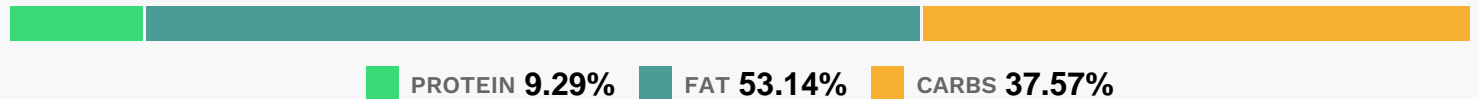
sauce pan

## Directions

Melt butter in a large saucepan over low heat.

Add the milk, and cook for about 5 minutes, or until hot. Stir in the brown sugar until dissolved. Stir in cabbage and onion, and season with salt and white pepper. Simmer over medium heat until sauce is creamy, and the onion is tender.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:3.3, Inflammation Score:-6, Nutrition Score:13.822608755982%

## 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

## Nutrients (% of daily need)

Calories: 144.19kcal (7.21%), Fat: 9.04g (13.91%), Saturated Fat: 5.61g (35.08%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 10.28g (3.74%), Sugar: 9.52g (10.58%), Cholesterol: 24.95mg (8.32%), Sodium: 110.46mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin K: 115.86µg (110.34%), Vitamin C: 56.75mg (68.79%), Folate: 68.86µg (17.22%), Fiber: 4.1g (16.41%), Manganese: 0.27mg (13.51%), Calcium: 118.76mg (11.88%), Vitamin B6: 0.24mg (11.78%), Potassium: 349.96mg (10%), Vitamin A: 447.79IU (8.96%), Phosphorus: 88.12mg (8.81%), Vitamin B1: 0.12mg (8.27%), Vitamin B2: 0.12mg (7.34%), Magnesium: 25.27mg (6.32%), Vitamin B5: 0.51mg (5.08%), Iron: 0.77mg (4.28%), Vitamin B12: 0.24µg (3.92%), Zinc: 0.48mg (3.2%), Vitamin E: 0.47mg (3.12%), Vitamin D: 0.45µg (2.98%), Vitamin B3: 0.42mg (2.12%), Selenium: 1.44µg (2.05%), Copper: 0.04mg (1.88%)