



Cabbage with bacon & roots

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large knob butter
- ☐ 100 g bacon smoked cut into small pieces
- ☐ 1 garlic clove finely chopped
- ☐ 9 servings thyme sprigs
- ☐ 1 celery root cut into batons
- ☐ 2 carrots cut into batons
- ☐ 1 savoy cabbage shredded
- ☐ 125 ml wine

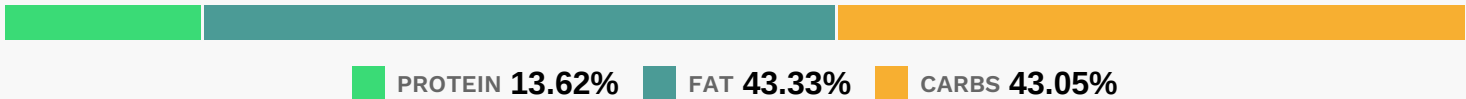
Equipment

☐ frying pan

Directions

- ☐ In a large pan melt the butter.
- ☐ Add the bacon and sizzle for 5 mins until golden.
- ☐ Add the garlic and thyme to the pan and stir for 1 min. Take the pan off the heat, remove the bacon mixture and reserve.
- ☐ Add the celeriac and carrot batons into the now empty pan with a little of the bacon-flavoured butter. Gently cook for 10 mins until soft, then add the cabbage and cook for 5 mins until it starts to soften.
- ☐ Add the bacon and garlic back to the pan, then add the white wine. Allow the wine to evaporate for a few mins then season the mixture and serve. This can be made ahead and left in the pan, then reheated.

Nutrition Facts



Properties

Glycemic Index:42.31, Glycemic Load:5.09, Inflammation Score:-10, Nutrition Score:23.892173816328%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.68mg, Apigenin: 3.68mg, Apigenin: 3.68mg, Apigenin: 3.68mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 208.52kcal (10.43%), Fat: 10.01g (15.39%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 14.97g (5.44%), Sugar: 6.31g (7.01%), Cholesterol: 18.52mg (6.18%), Sodium: 298.48mg (12.98%),

Alcohol: 2.18g (100%), Alcohol %: 0.86% (100%), Protein: 7.08g (14.15%), Vitamin K: 150.64µg (143.47%), Vitamin A: 5061.83IU (101.24%), Vitamin C: 58.92mg (71.42%), Folate: 133.54µg (33.38%), Fiber: 7.39g (29.56%), Vitamin B6: 0.56mg (27.91%), Manganese: 0.53mg (26.55%), Potassium: 795.05mg (22.72%), Phosphorus: 225.7mg (22.57%), Magnesium: 72.82mg (18.2%), Vitamin B1: 0.22mg (14.77%), Calcium: 116.35mg (11.63%), Vitamin B3: 2.13mg (10.67%), Iron: 1.82mg (10.09%), Copper: 0.2mg (9.78%), Vitamin B2: 0.15mg (8.66%), Vitamin B5: 0.83mg (8.32%), Selenium: 5.61µg (8.01%), Zinc: 1.07mg (7.13%), Vitamin E: 0.93mg (6.22%), Vitamin B12: 0.09µg (1.49%)