



Cabbage with caraway



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

Ingredients



1 savoy cabbage shredded cored



1 tbsp olive oil



1 onion thinly sliced



2 tsp caraway seeds

Equipment

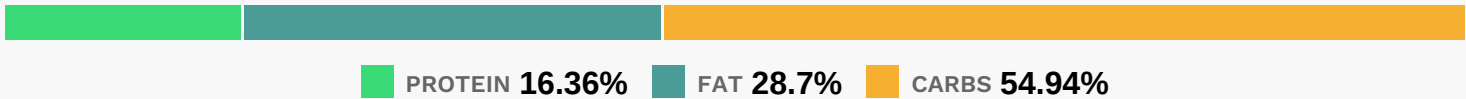


frying pan

Directions

- ☐ Cook the cabbage in boiling water for 3 mins until tender, then drain.
- ☐ Heat the oil in a frying pan.
- ☐ Add the onion and cook for 2–3 mins until starting to soften and turn golden.
- ☐ Sprinkle over the caraway seeds and cook for a further 2 mins until fragrant. Stir in the cabbage and heat through.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:2.73, Inflammation Score:-9, Nutrition Score:20.110434770584%

Flavonoids

Apigenin: 1.56mg, Apigenin: 1.56mg, Apigenin: 1.56mg, Apigenin: 1.56mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 106.19kcal (5.31%), Fat: 3.91g (6.01%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 8.98g (3.26%), Sugar: 6.28g (6.98%), Cholesterol: 0mg (0%), Sodium: 64.35mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin K: 157.02µg (149.54%), Vitamin C: 72.01mg (87.28%), Folate: 185.33µg (46.33%), Vitamin A: 2254.36IU (45.09%), Fiber: 7.84g (31.37%), Vitamin B6: 0.46mg (23.21%), Manganese: 0.45mg (22.71%), Magnesium: 68.46mg (17.11%), Potassium: 571.87mg (16.34%), Vitamin B1: 0.17mg (11.61%), Phosphorus: 108.44mg (10.84%), Calcium: 92.34mg (9.23%), Copper: 0.16mg (7.99%), Iron: 1.15mg (6.38%), Vitamin E: 0.92mg (6.12%), Zinc: 0.71mg (4.75%), Vitamin B2: 0.08mg (4.64%), Vitamin B5: 0.45mg (4.55%), Vitamin B3: 0.74mg (3.72%), Selenium: 2.29µg (3.27%)