



## Cabbage with juniper

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 tsp juniper berries
- ☐ 3 tbsp hendrick's gin
- ☐ 100 ml milk whole
- ☐ 1 large cabbage green
- ☐ 1 large leek trimmed (or 2 small ones)
- ☐ 50 g butter unsalted
- ☐ 1 marigold swiss vegetable bouillon powder
- ☐ 6 tbsp milk ( 200g 8oz)

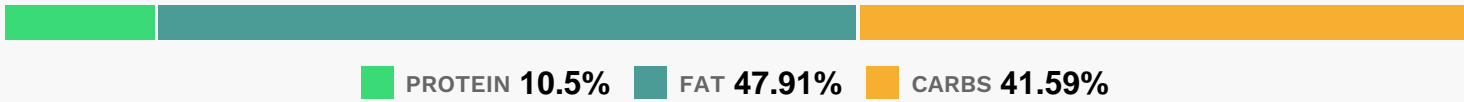
# Equipment

- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags
- ☐ wok
- ☐ rolling pin
- ☐ mortar and pestle
- ☐ colander

# Directions

- ☐ Crush the juniper berries thoroughly using a pestle and mortar (or bash with a rolling pin, in a sealed plastic bag). Tip into a pan with the gin and milk and put over a high heat. Bring to the boil and bubble for 3 minutes, stirring now and again.
- ☐ Remove from heat, season with fine sea salt and freshly ground black pepper. Set aside.
- ☐ Discard the tatty outer leaves of the cabbage, then cut it into eighths.
- ☐ Cut out and discard the hard core from each wedge then slice crossways into ruler-wide strips. Halve the leek lengthways, then cut into 1cm/in wide chunks. Tip the vegetables into a colander and rinse with water.
- ☐ Put the butter into a very large pan or wok and add the vegetables, plus residual water.
- ☐ Sprinkle on the bouillon powder and season well. Cover the pan and sit over a medium heat.
- ☐ Leave the lid on for the first 6 minutes but remove every 2 minutes to toss the cabbage.
- ☐ Remove the lid and cook and toss the cabbage for 4-6 minutes more. Tip into a colander and drain well. Return to the pan and keep warm.
- ☐ Replace the small pan over a low heat, whisk in the fromage frais and season with black pepper. Gently warm the sauce (it will split if you boil it), then pour over the cabbage and toss.

# Nutrition Facts



## Properties

Glycemic Index:20.88, Glycemic Load:3.13, Inflammation Score:-6, Nutrition Score:13.763478356859%

## 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 Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 121.99kcal (6.1%), Fat: 6.24g (9.6%), Saturated Fat: 3.72g (23.27%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 8.09g (2.94%), Sugar: 6.61g (7.35%), Cholesterol: 16.35mg (5.45%), Sodium: 72.72mg (3.16%), Alcohol: 1.88g (100%), Alcohol %: 1.16% (100%), Protein: 3.08g (6.16%), Vitamin K: 124.3µg (118.38%), Vitamin C: 58.43mg (70.83%), Folate: 74.43µg (18.61%), Fiber: 4.1g (16.4%), Manganese: 0.31mg (15.3%), Vitamin B6: 0.23mg (11.73%), Vitamin A: 533.63IU (10.67%), Calcium: 100.23mg (10.02%), Potassium: 323.61mg (9.25%), Vitamin B1: 0.12mg (7.74%), Phosphorus: 70.96mg (7.1%), Magnesium: 24.92mg (6.23%), Vitamin B2: 0.1mg (5.98%), Iron: 0.97mg (5.4%), Vitamin B5: 0.44mg (4.44%), Vitamin E: 0.5mg (3.31%), Zinc: 0.4mg (2.67%), Vitamin D: 0.36µg (2.4%), Vitamin B12: 0.14µg (2.37%), Copper: 0.05mg (2.27%), Vitamin B3: 0.44mg (2.22%), Selenium: 1.13µg (1.62%)