



Chile-Garlic Cabbage

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



56 kcal

SIDE DISH

Ingredients

- 4 teaspoons brown sugar
- 1 tablespoon sesame oil dark
- 2 teaspoons fish sauce
- 0.3 cup cilantro leaves fresh chopped
- 8 cups cabbage green sliced
- 4 teaspoons juice of lime fresh
- 1 teaspoon sambal oelek
- 1 teaspoon sambal oelek

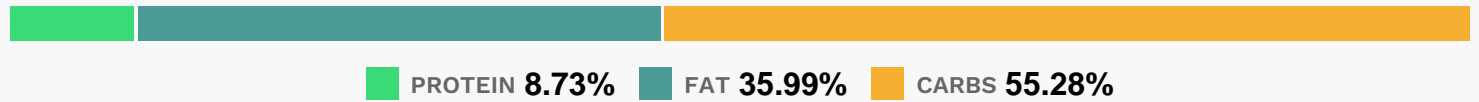
Equipment

- bowl
- frying pan

Directions

- Combine lime juice, brown sugar, fish sauce, and sambal oelek in a small bowl.
- Heat sesame oil in a large skillet over medium-high heat; swirl.
- Add cabbage to pan; cook 7 minutes or until lightly browned. Stir in brown sugar mixture; cook 4 minutes, stirring occasionally. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:1.36, Inflammation Score:-4, Nutrition Score:7.9226085478845%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 55.78kcal (2.79%), Fat: 2.43g (3.74%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 6.04g (2.2%), Sugar: 5.71g (6.34%), Cholesterol: 0mg (0%), Sodium: 174.92mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Vitamin K: 73.34µg (69.85%), Vitamin C: 35.35mg (42.85%), Folate: 41.93µg (10.48%), Fiber: 2.37g (9.46%), Manganese: 0.16mg (7.96%), Vitamin B6: 0.13mg (6.35%), Potassium: 175.35mg (5.01%), Calcium: 41.32mg (4.13%), Vitamin B1: 0.06mg (3.9%), Magnesium: 15.38mg (3.84%), Vitamin A: 138.36IU (2.77%), Iron: 0.49mg (2.71%), Phosphorus: 25.3mg (2.53%), Vitamin B2: 0.04mg (2.36%), Vitamin B5: 0.21mg (2.12%), Vitamin B3: 0.28mg (1.4%), Vitamin E: 0.2mg (1.31%), Zinc: 0.18mg (1.19%), Copper: 0.02mg (1.12%)