



## Citrus Cabbage Grill



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

## Ingredients

- 0.3 cup citrus beverage concentrate frozen undiluted thawed (such as Five-Alive)
- 1 large cabbage cut into 8 wedges
- 0.5 teaspoon celery seeds
- 0.5 teaspoon mustard seeds
- 1 tablespoon olive oil
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup water

## Equipment

- grill
- aluminum foil

## Directions

- Combine first 7 ingredients, stirring well.
- Cut 8 (12-inch) squares of heavy-duty aluminum foil.
- Place a cabbage wedge on each square of foil. Bring edges of foil up, but do not seal.
- Pour juice mixture evenly over cabbage, and seal packets.
- Place grill rack on grill over medium-hot coals (350 to 400).
- Place foil packets on rack; grill, covered, 35 minutes or until cabbage is tender.

## Nutrition Facts

**PROTEIN 9.24%** **FAT 20.07%** **CARBS 70.69%**

## Properties

Glycemic Index:22, Glycemic Load:8.97, Inflammation Score:-5, Nutrition Score:12.245652193608%

## Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 83.03kcal (4.15%), Fat: 2.01g (3.09%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 11.95g (4.35%), Sugar: 9.66g (10.73%), Cholesterol: 0mg (0%), Sodium: 322.12mg (14.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin K: 119.83µg (114.12%), Vitamin C: 57.13mg (69.25%), Folate: 67.42µg (16.85%), Fiber: 3.97g (15.88%), Manganese: 0.28mg (14.02%), Vitamin B6: 0.2mg (9.78%), Potassium: 272.87mg (7.8%), Calcium: 66.68mg (6.67%), Vitamin B1: 0.1mg (6.48%), Magnesium: 20.66mg (5.16%), Iron: 0.84mg (4.64%), Phosphorus: 43.39mg (4.34%), Vitamin B2: 0.06mg (3.79%), Vitamin B5: 0.33mg (3.34%), Vitamin E: 0.5mg (3.32%), Vitamin A: 153.69IU (3.07%), Zinc: 0.32mg (2.11%), Copper: 0.04mg (1.91%), Vitamin B3: 0.38mg (1.9%), Selenium: 0.94µg (1.34%)