



## Creamed Cabbage

READY IN



45 min.

SERVINGS



10

CALORIES



183 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter
- 2 tablespoons butter
- 1 large cabbage shredded
- 0.3 cup flour all-purpose
- 2 cups milk
- 1 teaspoon pepper
- 1 teaspoon salt
- 40 saltines crushed
- 0.5 cup water

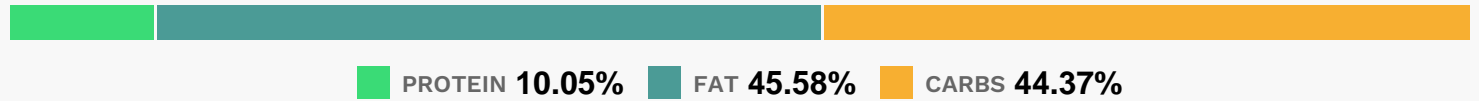
## Equipment

- frying pan
- sauce pan
- whisk

## Directions

- Melt 2 tablespoons butter in a skillet over medium heat; add crackers, and saute until browned.
- Remove from skillet, and set aside.
- Bring cabbage and 1/2 cup water to a boil in a large saucepan. Cover and cook 5 to 7 minutes or until tender; drain. Stir in salt and pepper; keep warm.
- Melt 1/4 cup butter in skillet over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually add milk; cook over medium heat, whisking constantly, until thickened and bubbly. Stir sauce and crackers into cabbage.

## Nutrition Facts



## Properties

Glycemic Index:18.9, Glycemic Load:4.43, Inflammation Score:-6, Nutrition Score:14.15695653791%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 183.45kcal (9.17%), Fat: 9.58g (14.74%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 17.4g (6.33%), Sugar: 6.51g (7.23%), Cholesterol: 5.86mg (1.95%), Sodium: 467.09mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.51%), Vitamin K: 98.38µg (93.69%), Vitamin C: 45.69mg (55.39%), Folate: 75.58µg (18.9%), Manganese: 0.35mg (17.48%), Fiber: 3.59g (14.36%), Vitamin B1: 0.21mg (14.22%), Calcium: 116.62mg (11.66%), Vitamin B2: 0.19mg (11.45%), Vitamin A: 505.72IU (10.11%), Phosphorus: 99.62mg (9.96%), Vitamin B6: 0.2mg (9.88%), Potassium: 313.21mg (8.95%), Iron: 1.42mg (7.9%), Vitamin B3: 1.3mg (6.52%), Magnesium: 25mg (6.25%), Vitamin B5: 0.53mg (5.27%), Selenium: 3.61µg (5.15%), Vitamin B12: 0.28µg

(4.71%), Vitamin E: 0.62mg (4.11%), Vitamin D: 0.54µg (3.58%), Zinc: 0.53mg (3.56%), Copper: 0.05mg (2.51%)