



Creamed Cooked Cabbage

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 5 cups cabbage shredded
- ☐ 1.5 cups bread crumbs dry
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 cups heavy cream
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar white

Equipment

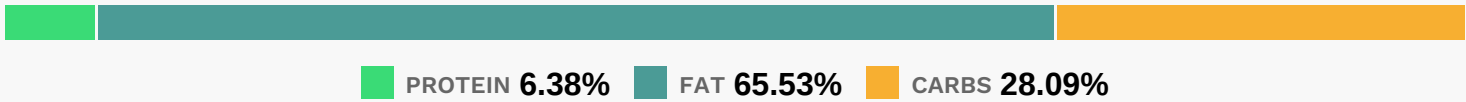
- ☐ oven

☐ casserole dish

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Place cabbage in a 2 quart casserole dish.
- ☐ Sprinkle with sugar, salt and nutmeg.
- ☐ Pour cream over cabbage and top with bread crumbs.
- ☐ Bake in preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:18.41, Glycemic Load:2.19, Inflammation Score:-5, Nutrition Score:7.3978260807369%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 244.08kcal (12.2%), Fat: 18.1g (27.85%), Saturated Fat: 11.17g (69.8%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 15.84g (5.76%), Sugar: 5.92g (6.58%), Cholesterol: 53.79mg (17.93%), Sodium: 254.04mg (11.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Vitamin K: 29.19µg (27.8%), Vitamin C: 13.1mg (15.88%), Vitamin A: 734.07IU (14.68%), Vitamin B1: 0.19mg (12.51%), Manganese: 0.21mg (10.36%), Vitamin B2: 0.17mg (9.96%), Folate: 34.33µg (8.58%), Selenium: 5.63µg (8.04%), Calcium: 75.25mg (7.53%), Fiber: 1.61g (6.46%), Phosphorus: 63.54mg (6.35%), Vitamin B3: 1.19mg (5.94%), Iron: 1mg (5.55%), Vitamin D: 0.76µg (5.08%), Vitamin B6: 0.08mg (3.99%), Potassium: 136.72mg (3.91%), Magnesium: 14.59mg (3.65%), Vitamin E: 0.5mg (3.36%), Vitamin B5: 0.28mg (2.85%), Zinc: 0.41mg (2.76%), Copper: 0.05mg (2.7%), Vitamin B12: 0.13µg (2.21%)