



Creamy Savoy cabbage with carrots



Vegetarian



Gluten Free

READY IN



26 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 1 large savoy cabbage
- ☐ 4 large carrots
- ☐ 50 g butter
- ☐ 4 tbsp double cream
- ☐ 1 pinch nutmeg

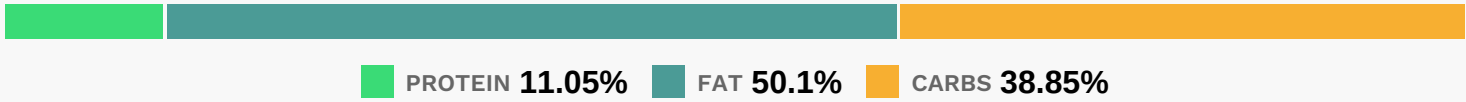
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Pull off any tough outer leaves from the cabbage and discard.
- ☐ Cut in half, then remove the hard inner core. Rinse the leaves, then shred as finely as you can.
- ☐ Cut the carrots into fine, thin strips or grate in the food processor.
- ☐ Bring a pan of water to the boil and add the cabbage and carrots. Boil for 6 mins until just tender, then drain. Return to the hot pan and add the butter and cream. Season with pepper, and salt if you like, add the nutmeg and stir well to coat. Pile into a serving dish and serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:2.8, Inflammation Score:-10, Nutrition Score:19.827391424905%

Flavonoids

Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 131.63kcal (6.58%), Fat: 8.08g (12.43%), Saturated Fat: 5g (31.27%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 7.79g (2.83%), Sugar: 5.82g (6.47%), Cholesterol: 21.91mg (7.3%), Sodium: 114.67mg (4.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Vitamin A: 7980.73IU (159.61%), Vitamin K: 122.39µg (116.56%), Vitamin C: 54.87mg (66.51%), Folate: 143.42µg (35.86%), Fiber: 6.3g (25.22%), Vitamin B6: 0.38mg (18.78%), Manganese: 0.36mg (18.06%), Potassium: 515.26mg (14.72%), Magnesium: 52.8mg (13.2%), Vitamin B1: 0.14mg (9.67%), Phosphorus: 90.12mg (9.01%), Calcium: 78.06mg (7.81%), Copper: 0.12mg (6.19%), Vitamin B2: 0.09mg (5.19%), Vitamin E: 0.74mg (4.94%), Iron: 0.8mg (4.45%), Vitamin B5: 0.44mg (4.42%), Vitamin B3: 0.87mg (4.36%), Zinc: 0.57mg (3.81%), Selenium: 1.86µg (2.65%)