



Czech Cabbage Dish



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound bacon chopped
- ☐ 1 teaspoon pepper black
- ☐ 1 large head cabbage shredded
- ☐ 1 stalk celery chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

☐ 3 tablespoons vinegar white

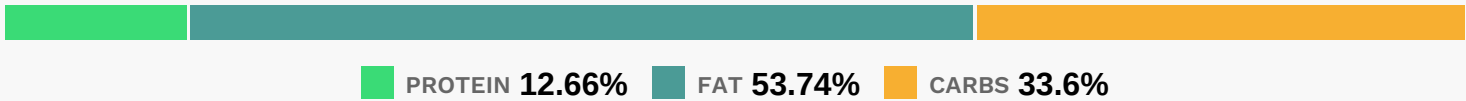
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Blanche cabbage briefly in boiling water, remove and drain immediately.
- ☐ In a large skillet, brown bacon over medium heat until opaque; remove and drain on paper toweling.
- ☐ Remove all but 1 tablespoon of bacon grease from the skillet; add the 1 tablespoon vegetable oil and heat over medium heat.
- ☐ Add onion, celery and bell pepper and saute until crisp-tender.
- ☐ In a large bowl combine the prepared cabbage, bacon, sauteed vegetable mix (with oil), vinegar, salt and pepper.
- ☐ Mix well and serve warm, or chill and serve later.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:2.01, Inflammation Score:-4, Nutrition Score:11.550000081892%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 95.98kcal (4.8%), Fat: 6.01g (9.25%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 5.04g (1.83%), Sugar: 4.44g (4.93%), Cholesterol: 7.48mg (2.49%), Sodium: 217.54mg (9.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Vitamin K: 99.15µg (94.43%), Vitamin C: 49.31mg (59.77%), Folate: 56.84µg (14.21%), Fiber: 3.42g (13.67%), Manganese: 0.25mg (12.35%), Vitamin B6: 0.21mg (10.26%), Vitamin B1: 0.11mg (7.59%), Potassium: 264.53mg (7.56%), Calcium: 55.32mg (5.53%), Phosphorus: 53.02mg (5.3%), Magnesium: 18.24mg (4.56%), Vitamin B3: 0.79mg (3.95%), Selenium: 2.74µg (3.91%), Iron: 0.69mg (3.84%), Vitamin B2: 0.06mg (3.8%), Vitamin B5: 0.35mg (3.52%), Vitamin A: 159.48IU (3.19%), Zinc: 0.38mg (2.56%), Vitamin E: 0.38mg (2.5%), Copper: 0.04mg (1.91%)