



Deep Fried Cabbage

READY IN



20 min.

SERVINGS



8

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bread crumbs
- 1 head cabbage cored cut into 8 wedges
- 4 eggs
- 2 cups flour all-purpose
- 1 cup parmesan cheese
- 6 cups vegetable oil

Equipment

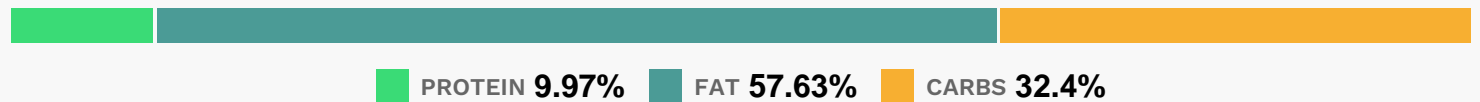
- bowl

- paper towels
- sauce pan
- whisk
- slotted spoon

Directions

- Whisk eggs in a small bowl.
- Combine flour and bread crumbs together in a separate bowl.
- Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- Dip each cabbage wedge into the whisked eggs; press cabbage wedge into the flour mixture until fully coated. Shake off any excess flour mixture.
- Fry the coated cabbage wedges in the hot oil until golden brown, about 10 minutes.
- Remove from the hot oil with a slotted spoon and drain on a paper towel-lined plate.
- Sprinkle Parmesan cheese onto each of the fried cabbage wedges.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:19.01, Inflammation Score:-7, Nutrition Score:23.053043469139%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 618.3kcal (30.92%), Fat: 39.87g (61.34%), Saturated Fat: 8.14g (50.87%), Carbohydrates: 50.43g (16.81%), Net Carbohydrates: 45.53g (16.56%), Sugar: 5.57g (6.19%), Cholesterol: 90.34mg (30.11%), Sodium: 450.18mg (19.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.05%), Vitamin K: 148.55µg (141.48%), Vitamin C: 41.54mg (50.35%), Vitamin B1: 0.59mg (39.29%), Selenium: 27.3µg (39.01%), Folate: 146.1µg (36.52%), Manganese: 0.65mg (32.58%), Vitamin B2: 0.45mg (26.51%), Calcium: 259.82mg (25.98%), Phosphorus: 238.12mg (23.81%), Iron: 3.78mg (21.01%), Vitamin E: 3.14mg (20.96%), Vitamin B3: 3.95mg (19.76%), Fiber: 4.9g (19.59%), Vitamin B6: 0.24mg (11.8%), Magnesium: 40.24mg (10.06%), Zinc: 1.44mg (9.61%), Vitamin B5: 0.92mg (9.2%),

Potassium: 321.17mg (9.18%), Copper: 0.16mg (7.76%), Vitamin B12: 0.44µg (7.34%), Vitamin A: 327.65IU (6.55%),
Vitamin D: 0.5µg (3.35%)