



## Dressed spring cabbage



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

## Ingredients

- ☐ 1.5 tbsp citrus champagne vinegar
- ☐ 1 tsp sugar
- ☐ 2 bacon smoked cut into small strips
- ☐ 1 tbsp olive oil
- ☐ 1 cabbage shredded green

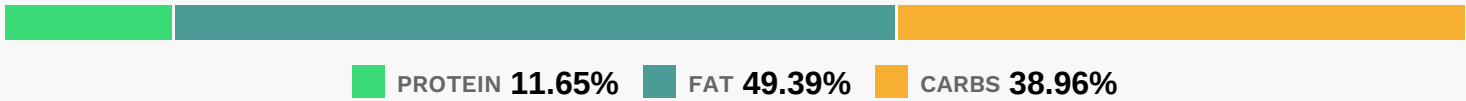
## Equipment

- ☐ frying pan

# Directions

- ☐ Mix the vinegar with 1 tbsp water and the sugar. In a large frying pan, fry the bacon in oil until golden, then lift onto a plate.
- ☐ Add the cabbage to the pan, cook for 5 mins over a high heat, then stir through the dressing. Return the bacon to the pan and cook for 1 min more to warm through. Season well with pepper and serve.

## Nutrition Facts



## Properties

Glycemic Index:28.52, Glycemic Load:4.03, Inflammation Score:-6, Nutrition Score:16.187391342028%

## Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 138.66kcal (6.93%), Fat: 8.1g (12.46%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 8.69g (3.16%), Sugar: 8.31g (9.24%), Cholesterol: 7.26mg (2.42%), Sodium: 114.21mg (4.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Vitamin K: 174.63µg (166.31%), Vitamin C: 83.11mg (100.74%), Folate: 97.61µg (24.4%), Fiber: 5.68g (22.7%), Manganese: 0.37mg (18.35%), Vitamin B6: 0.31mg (15.54%), Potassium: 409.92mg (11.71%), Vitamin B1: 0.17mg (11.26%), Calcium: 91.73mg (9.17%), Phosphorus: 75.31mg (7.53%), Magnesium: 28.78mg (7.2%), Iron: 1.16mg (6.43%), Vitamin E: 0.89mg (5.95%), Vitamin B2: 0.1mg (5.88%), Vitamin B5: 0.54mg (5.42%), Vitamin B3: 0.97mg (4.87%), Vitamin A: 226.53IU (4.53%), Selenium: 2.9µg (4.14%), Zinc: 0.54mg (3.6%), Copper: 0.05mg (2.42%)