



HEALTH SCORE

84%

Ethiopian Cabbage Dish



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



65 min.

SERVINGS



5

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 0.5 head cabbage shredded
- ☐ 4 carrots thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 teaspoon ground turmeric
- ☐ 0.5 cup olive oil
- ☐ 1 onion thinly sliced
- ☐ 5 potatoes peeled cut into 1-inch cubes

☐ 1 teaspoon sea salt

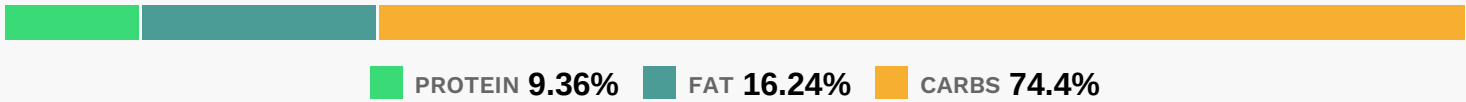
Equipment

☐ frying pan

Directions

- ☐ Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes.
- ☐ Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:48.72, Glycemic Load:30.59, Inflammation Score:-10, Nutrition Score:25.110434941624%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 255.31kcal (12.77%), Fat: 4.8g (7.39%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 49.49g (16.5%), Net Carbohydrates: 40.7g (14.8%), Sugar: 7.82g (8.69%), Cholesterol: 0mg (0%), Sodium: 529.27mg (23.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.45%), Vitamin A: 8249.85IU (165%), Vitamin C: 79.74mg (96.66%), Vitamin K: 82.54µg (78.61%), Vitamin B6: 0.84mg (41.9%), Potassium: 1248.27mg (35.66%), Fiber: 8.79g (35.16%), Manganese: 0.61mg (30.53%), Folate: 86.67µg (21.67%), Vitamin B1: 0.27mg (17.98%), Magnesium: 69.22mg (17.31%), Phosphorus: 170.06mg (17.01%), Vitamin B3: 2.98mg (14.9%), Copper: 0.28mg (14.16%), Iron: 2.5mg (13.9%), Vitamin B5: 0.99mg (9.86%), Calcium: 86.31mg (8.63%), Vitamin B2: 0.14mg (8.23%), Vitamin E: 1.12mg (7.45%), Zinc: 0.95mg (6.35%), Selenium: 1.1µg (1.57%)