



Fabulous Fried Cabbage



Gluten Free



Low Fod Map

READY IN



50 min.

SERVINGS



6

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 1 head cabbage cored coarsely chopped
- ☐ 15 ounce chicken broth canned
- ☐ 1 pinch salt and pepper to taste

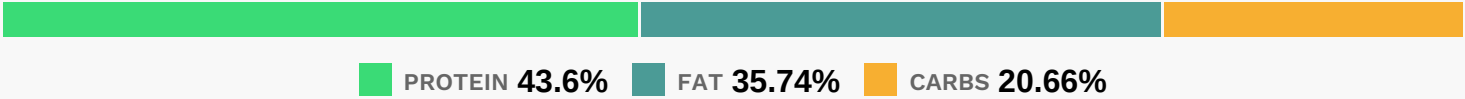
Equipment

- ☐ frying pan

Directions

☐ Bring the butter and chicken broth to a boil in a large skillet. Reduce heat to low and add the cabbage. Cover and cook over low heat to steam the cabbage for about 45 minutes, stirring frequently, or until cabbage is tender and sweet. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:2.2, Inflammation Score:-6, Nutrition Score:15.738695557999%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 180.9kcal (9.04%), Fat: 7.24g (11.14%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 5.63g (2.05%), Sugar: 4.84g (5.38%), Cholesterol: 39.02mg (13.01%), Sodium: 386.03mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.76%), Vitamin K: 116.76µg (111.2%), Vitamin C: 55.39mg (67.14%), Selenium: 13.51µg (19.3%), Folate: 66.54µg (16.64%), Vitamin B6: 0.32mg (16.12%), Fiber: 3.78g (15.13%), Phosphorus: 148.18mg (14.82%), Zinc: 2.05mg (13.64%), Manganese: 0.24mg (12.11%), Vitamin B12: 0.71µg (11.86%), Potassium: 366.1mg (10.46%), Vitamin B3: 2.06mg (10.28%), Iron: 1.63mg (9.07%), Magnesium: 31.66mg (7.91%), Vitamin B2: 0.13mg (7.76%), Calcium: 70.86mg (7.09%), Vitamin A: 315.4IU (6.31%), Vitamin B1: 0.09mg (6.16%), Vitamin E: 0.49mg (3.28%), Vitamin B5: 0.32mg (3.23%), Copper: 0.06mg (3.21%)