



Fiesta Cabbage

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

Ingredients

- 2.5 pounds cabbage chopped
- 14.5 ounce canned tomatoes diced undrained canned
- 1 medium size bell pepper diced green
- 1 pound kielbasa sliced into 1/4-inch-thick slices*
- 0.5 teaspoon pepper
- 1 medium size onion diced red
- 1 teaspoon salt

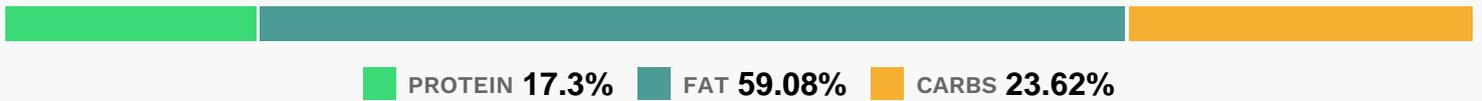
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Saut kielbasa in a large nonstick skillet over medium-high heat until browned.
- Remove sausage with a slotted spoon, and drain on paper towels, reserving drippings in skillet. Set aside.
- Saut onion and bell pepper in hot drippings over medium-high heat 3 minutes. Stir in cabbage; cover and cook, stirring occasionally, 15 minutes or until vegetables are tender.
- Stir in cooked sausage, tomatoes, salt, and pepper. Cook until thoroughly heated.
- *1 pound ground pork sausage may be substituted. Saut vegetables in 2 tablespoons reserved drippings.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:4.95, Inflammation Score:-7, Nutrition Score:23.616087084231%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 327.34kcal (16.37%), Fat: 22.15g (34.08%), Saturated Fat: 7.92g (49.52%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 13.21g (4.8%), Sugar: 10.32g (11.46%), Cholesterol: 52.92mg (17.64%), Sodium: 1175.64mg (51.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.18%), Vitamin K: 149.08µg (141.98%), Vitamin C: 93.53mg (113.38%), Vitamin B1: 0.57mg (37.74%), Vitamin B6: 0.55mg (27.38%), Fiber: 6.72g (26.87%), Manganese: 0.53mg (26.75%), Folate: 97.18µg (24.3%), Potassium: 764.97mg (21.86%), Selenium: 14.46µg (20.66%), Vitamin B3: 4mg (20%), Phosphorus: 183.42mg (18.34%), Iron: 2.99mg (16.63%), Vitamin B2: 0.23mg (13.76%), Zinc: 2.04mg (13.63%), Magnesium: 51.08mg (12.77%), Copper: 0.25mg (12.6%), Vitamin B12: 0.74µg (12.35%), Calcium:

115.14mg (11.51%), Vitamin B5: 0.98mg (9.76%), Vitamin A: 407.18IU (8.14%), Vitamin E: 1.22mg (8.12%)