



Flavoured boiled cabbage



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



223 kcal

SIDE DISH

Ingredients

- ☐ 2 servings cabbage white green
- ☐ 50 g butter
- ☐ 1 lemon zest finely grated
- ☐ 1 tbsp poppy seeds
- ☐ 1 tablespoon juice of lemon

Equipment

Directions

☐ Boil half a white or green cabbage until still slightly crisp. Toss in the sizzling butter with the lemon zest and poppy seeds. When its hot, finish with a squeeze of lemon juice.

Nutrition Facts



PROTEIN 3.39% **FAT 85.78%** **CARBS 10.83%**

Properties

Glycemic Index:49.5, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:9.1760869881381%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 222.91kcal (11.15%), Fat: 22.2g (34.15%), Saturated Fat: 13.08g (81.73%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.7g (3%), Cholesterol: 53.75mg (17.92%), Sodium: 174.75mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin K: 54.95µg (52.33%), Vitamin C: 32.44mg (39.32%), Manganese: 0.41mg (20.4%), Vitamin A: 695.3IU (13.91%), Fiber: 2.95g (11.79%), Calcium: 101.74mg (10.17%), Folate: 36.35µg (9.09%), Phosphorus: 63.44mg (6.34%), Magnesium: 25.07mg (6.27%), Vitamin B1: 0.09mg (5.68%), Vitamin B6: 0.11mg (5.35%), Vitamin E: 0.78mg (5.21%), Potassium: 169.16mg (4.83%), Copper: 0.09mg (4.44%), Iron: 0.79mg (4.41%), Zinc: 0.51mg (3.38%), Vitamin B2: 0.04mg (2.61%), Vitamin B5: 0.21mg (2.1%), Selenium: 1.08µg (1.55%), Vitamin B3: 0.23mg (1.16%)