



Fried Cabbage



Gluten Free



Dairy Free

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READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

281 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon diced
- ☐ 1 cup bell pepper diced
- ☐ 1 head cabbage chopped
- ☐ 2 onions chopped

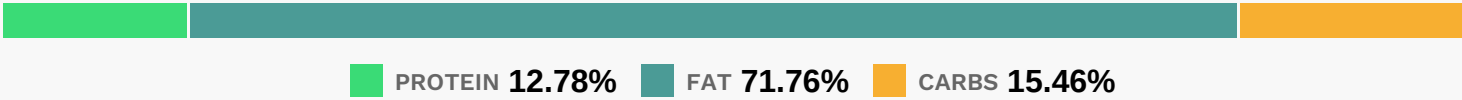
Equipment

- ☐ frying pan

Directions

- ☐ Cook and stir bacon, onions, and bell pepper together in a skillet over medium heat until bacon is just starting to brown, about 10 minutes.
- ☐ Add cabbage and cook, stirring frequently, until cabbage is tender and transparent, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:15.741738993189%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 280.65kcal (14.03%), Fat: 22.7g (34.92%), Saturated Fat: 7.6g (47.5%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 7.3g (2.66%), Sugar: 5.58g (6.2%), Cholesterol: 37.42mg (12.47%), Sodium: 397.62mg (17.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.19%), Vitamin K: 87.28µg (83.13%), Vitamin C: 67.42mg (81.72%), Vitamin B6: 0.38mg (18.94%), Selenium: 11.89µg (16.99%), Vitamin B1: 0.25mg (16.56%), Folate: 62.6µg (15.65%), Fiber: 3.7g (14.78%), Vitamin A: 715.91IU (14.32%), Vitamin B3: 2.76mg (13.8%), Phosphorus: 123.97mg (12.4%), Manganese: 0.24mg (12.21%), Potassium: 384.66mg (10.99%), Vitamin B2: 0.11mg (6.74%), Vitamin B5: 0.65mg (6.48%), Zinc: 0.97mg (6.44%), Magnesium: 25.41mg (6.35%), Calcium: 55.86mg (5.59%), Iron: 0.9mg (5.02%), Vitamin E: 0.71mg (4.76%), Vitamin B12: 0.28µg (4.72%), Copper: 0.06mg (2.96%), Vitamin D: 0.23µg (1.51%)