



Fried Cabbage



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

Ingredients



4 slices bacon



1 large head cabbage fresh coarsely chopped



1 teaspoon pepper



1 teaspoon salt

Equipment



frying pan

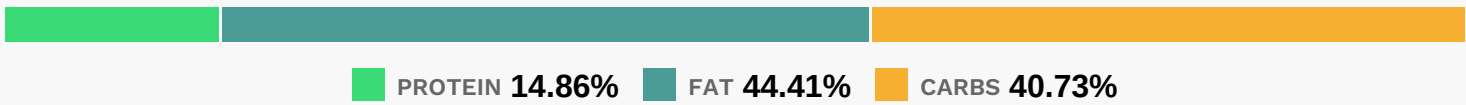


paper towels

Directions

- ☐ Cook bacon in a large skillet 10 minutes or until crisp.
- ☐ Remove bacon, and drain on paper towels, reserving 1 tablespoon drippings in skillet. Crumble bacon.
- ☐ Add cabbage to hot drippings in skillet; sprinkle with salt and pepper. Saut cabbage over medium-high heat 10 to 12 minutes or until tender.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:3.06, Inflammation Score:-6, Nutrition Score:15.509565213452%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 114kcal (5.7%), Fat: 6.04g (9.29%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 7.18g (2.61%), Sugar: 6.66g (7.4%), Cholesterol: 9.68mg (3.23%), Sodium: 522.18mg (22.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin K: 158.63µg (151.07%), Vitamin C: 76.13mg (92.28%), Folate: 89.5µg (22.37%), Fiber: 5.28g (21.14%), Manganese: 0.38mg (18.9%), Vitamin B6: 0.3mg (14.9%), Vitamin B1: 0.17mg (11.18%), Potassium: 387.15mg (11.06%), Calcium: 85.65mg (8.56%), Phosphorus: 75.73mg (7.57%), Magnesium: 27.3mg (6.82%), Iron: 1.07mg (5.96%), Vitamin B2: 0.1mg (5.63%), Vitamin B3: 1.08mg (5.4%), Vitamin B5: 0.53mg (5.27%), Selenium: 3.59µg (5.13%), Vitamin A: 211.09IU (4.22%), Zinc: 0.55mg (3.68%), Copper: 0.05mg (2.52%), Vitamin E: 0.38mg (2.52%), Vitamin B12: 0.07µg (1.22%)