



Fried Cabbage and Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



501 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bacon chopped
- ☐ 1 head cabbage chopped
- ☐ 8 ounce kluski noodles
- ☐ 1 onion chopped
- ☐ 1 dash pepper sauce hot to taste redhot® such as Frank's

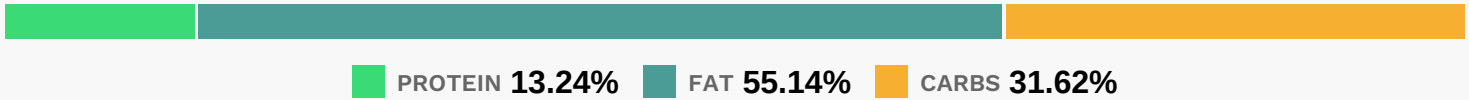
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil. Stir in kluski noodles and return to a boil. Cook kluski noodles uncovered, stirring occasionally, until tender but still slightly firm, 7 to 10 minutes.
- ☐ Drain well and set noodles aside.
- ☐ Place chopped bacon in a large, deep skillet, and cook over medium-high heat, stirring often, until evenly browned, 5 to 8 minutes.
- ☐ Cook and stir cabbage and onion into the bacon and drippings until the cabbage is wilted and tender, about 10 minutes.
- ☐ Gently mix the cooked kluski noodles into cabbage mixture; season with hot sauce.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:13.92, Inflammation Score:-6, Nutrition Score:20.999565445859%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg 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: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 500.65kcal (25.03%), Fat: 30.75g (47.3%), Saturated Fat: 10.22g (63.85%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 34.38g (12.5%), Sugar: 6.63g (7.37%), Cholesterol: 49.9mg (16.63%), Sodium: 531.15mg (23.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.22%), Vitamin K: 115.12µg (109.64%), Vitamin C: 56.76mg (68.8%), Selenium: 39.63µg (56.61%), Manganese: 0.62mg (31.04%), Vitamin B6: 0.46mg (23.22%), Vitamin B1: 0.34mg (22.89%), Phosphorus: 224.97mg (22.5%), Fiber: 5.3g (21.22%), Vitamin B3: 4.06mg (20.29%), Folate: 75.36µg (18.84%), Potassium: 518.04mg (14.8%), Magnesium: 49.1mg (12.27%), Zinc: 1.73mg (11.52%), Vitamin B5: 0.93mg (9.26%), Copper: 0.18mg (8.84%), Vitamin B2: 0.15mg (8.79%), Iron: 1.55mg (8.62%), Calcium: 76.47mg (7.65%), Vitamin B12: 0.38µg (6.3%), Vitamin E: 0.6mg (3.98%), Vitamin A: 176.67IU (3.53%), Vitamin D: 0.3µg (2.02%)