



Fried Cabbage Texas Style

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 1 small head cabbage thinly sliced
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 5 tablespoons corn bread mix
- ☐ 2 jalapeño peppers fresh julienned seeded
- ☐ 0.5 cup onion chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon sugar white

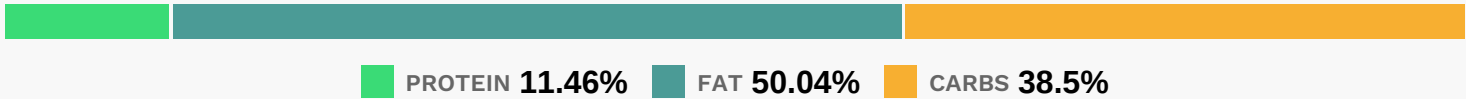
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place the shredded cabbage into a large bowl, and sprinkle the sugar over it. This will remove the excess water from the cabbage.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside, reserving grease in skillet.
- ☐ In a small bowl, mix together the cornbread mix and cayenne pepper. Stir into the cabbage until well blended. In the skillet the bacon was cooked in, saute onion and jalapeno in the hot bacon grease until tender. Stir in cabbage, and season with salt and pepper to taste. Cook until the cabbage wilts, about 15 minutes. Stir in crumbled bacon, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.27, Glycemic Load:3.8, Inflammation Score:-7, Nutrition Score:18.356956559679%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 273.77kcal (13.69%), Fat: 15.6g (24%), Saturated Fat: 5.04g (31.49%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 20.78g (7.56%), Sugar: 11.62g (12.91%), Cholesterol: 22.15mg (7.38%), Sodium: 596.45mg (25.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin K: 138.06µg (131.49%), Vitamin C: 75.23mg (91.18%), Fiber: 6.23g (24.94%), Folate: 99.77µg (24.94%), Vitamin B6: 0.39mg (19.46%), Vitamin B1: 0.29mg (19.42%), Phosphorus: 192.3mg (19.23%), Manganese: 0.38mg (19.15%), Potassium: 438.81mg (12.54%), Vitamin B3: 2.49mg (12.43%), Selenium: 8.35µg (11.93%), Vitamin B2: 0.16mg (9.41%), Calcium: 89.34mg (8.93%),

Iron: 1.51mg (8.38%), Magnesium: 33.06mg (8.27%), Vitamin B5: 0.7mg (6.97%), Vitamin A: 336.27IU (6.73%), Zinc: 0.86mg (5.76%), Vitamin E: 0.73mg (4.87%), Copper: 0.08mg (3.76%), Vitamin B12: 0.18µg (3.03%)