



German-Style Pasta

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ounces rotini pasta uncooked
- ☐ 2 teaspoons vegetable oil
- ☐ 12 ounces cabbage shredded red
- ☐ 1 tablespoon brown sugar packed
- ☐ 2 tablespoons vinegar white
- ☐ 0.5 teaspoon caraway seeds
- ☐ 0.3 teaspoon salt
- ☐ 1 serving pepper freshly ground

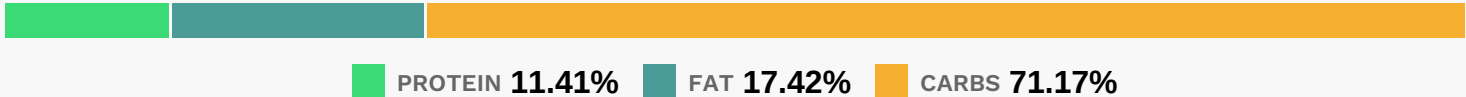
Equipment

☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ While pasta is cooking, heat oil in 10-inch nonstick skillet over medium heat. Cook cabbage in oil 2 minutes, stirring occasionally. Stir in brown sugar, vinegar and caraway seed. Cover and cook about 5 minutes, stirring occasionally, until crisp-tender.
- ☐ Stir pasta into cabbage mixture; heat until hot.
- ☐ Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:5.21, Inflammation Score:-6, Nutrition Score:6.8082609850427%

Flavonoids

Cyanidin: 118.97mg, Cyanidin: 118.97mg, Cyanidin: 118.97mg, Cyanidin: 118.97mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 92.58kcal (4.63%), Fat: 1.83g (2.81%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 15.11g (5.49%), Sugar: 4.49g (4.99%), Cholesterol: 0mg (0%), Sodium: 113.75mg (4.95%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.7g (5.39%), Vitamin C: 32.35mg (39.22%), Vitamin K: 24.46µg (23.29%), Manganese: 0.28mg (13.83%), Selenium: 9.37µg (13.39%), Vitamin A: 633.46IU (12.67%), Vitamin B6: 0.14mg (7%), Fiber: 1.71g (6.85%), Potassium: 174.65mg (4.99%), Phosphorus: 45.07mg (4.51%), Magnesium: 17.28mg (4.32%), Iron: 0.68mg (3.8%), Vitamin B1: 0.05mg (3.31%), Folate: 12.8µg (3.2%), Calcium: 31.75mg (3.18%), Vitamin B2: 0.05mg (2.84%), Copper: 0.05mg (2.68%), Vitamin B3: 0.49mg (2.43%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.15mg (1.47%), Vitamin E: 0.2mg (1.37%)