



Glorified Baked Cabbage

 Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup bread crumbs
- ☐ 1 head cabbage finely chopped
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 6 tablespoons butter
- ☐ 1 onion minced
- ☐ 0.5 pound processed cheese food cut into chunks velveeta[®] such as
- ☐ 10 servings salt and pepper to taste

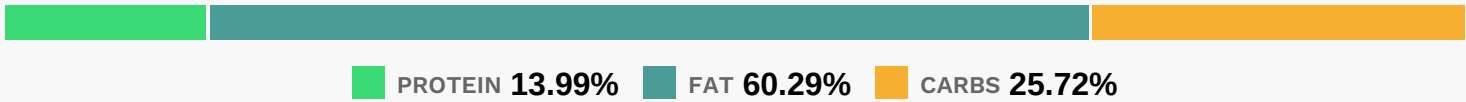
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Place the cabbage into a large pot with enough lightly salted water to cover; bring to a boil. Reduce heat to medium-low, cover, and simmer until tender, 5 to 7 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Melt the margarine in a large skillet over medium heat; cook the onion in the melted butter until golden. Reduce the heat to low; add the cheese food and allow to simmer until completely melted.
- ☐ Pour the mushroom soup into the skillet. Stir the drained cabbage, bread crumbs, salt, and pepper into the mixture.
- ☐ Transfer to a 2-quart casserole dish.
- ☐ Bake in the preheated oven until the cheese begins to bubble, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:1.77, Inflammation Score:-6, Nutrition Score:13.151739242284%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 222.22kcal (11.11%), Fat: 15.23g (23.44%), Saturated Fat: 6g (37.48%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 11.74g (4.27%), Sugar: 4.39g (4.87%), Cholesterol: 24.2mg (8.07%), Sodium: 944.13mg (41.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.91%), Vitamin K: 70.18µg (66.83%), Vitamin C:

34.06mg (41.29%), Calcium: 294.53mg (29.45%), Phosphorus: 196.31mg (19.63%), Manganese: 0.34mg (16.76%), Folate: 53.83µg (13.46%), Vitamin A: 603.99IU (12.08%), Fiber: 2.88g (11.53%), Vitamin B1: 0.15mg (9.94%), Selenium: 6.95µg (9.93%), Vitamin B2: 0.15mg (8.61%), Vitamin B6: 0.16mg (8.04%), Zinc: 1.2mg (8%), Potassium: 258.2mg (7.38%), Vitamin B12: 0.43µg (7.1%), Iron: 1.2mg (6.66%), Magnesium: 23.77mg (5.94%), Copper: 0.11mg (5.69%), Vitamin B3: 1.06mg (5.28%), Vitamin B5: 0.41mg (4.07%), Vitamin E: 0.59mg (3.91%)