



Grandmother's Polish Cabbage and Noodles

READY IN



45 min.

SERVINGS



4

CALORIES



554 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 head cabbage cored chopped
- ☐ 1.5 cups ham cooked cut into bite-size pieces
- ☐ 12 ounce farfalle pasta (bow tie)
- ☐ 1 large onion diced
- ☐ 2 tablespoons water
- ☐ 2 pinches sugar white to taste

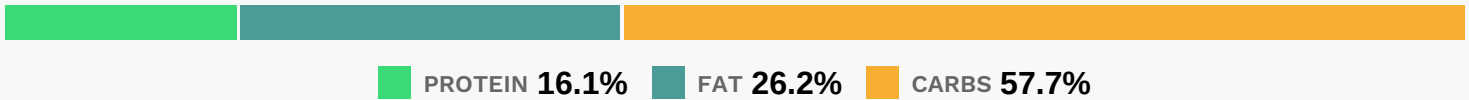
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt butter in a large skillet over medium-low heat; cook and stir cabbage and onion until very tender, about 30 minutes.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil. Stir in bow tie pasta and return to a boil. Cook pasta until tender but still slightly firm, about 12 minutes.
- ☐ Drain well and set aside.
- ☐ Stir water and cooked ham into cabbage mixture; heat through. Thoroughly mix in sugar.
- ☐ Gently stir bow tie pasta into the ham and cabbage and heat through.

Nutrition Facts



Properties

Glycemic Index:58.27, Glycemic Load:29.95, Inflammation Score:-8, Nutrition Score:29.957826054615%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 554.07kcal (27.7%), Fat: 16.29g (25.05%), Saturated Fat: 8.34g (52.14%), Carbohydrates: 80.68g (26.89%), Net Carbohydrates: 71.65g (26.05%), Sugar: 11.63g (12.92%), Cholesterol: 61.44mg (20.48%), Sodium: 628.5mg (27.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.02%), Vitamin K: 173.75µg (165.47%), Vitamin C: 95.73mg (116.04%), Selenium: 63.15µg (90.22%), Manganese: 1.21mg (60.57%), Fiber: 9.03g (36.14%), Phosphorus: 357.78mg (35.78%), Vitamin B1: 0.46mg (30.5%), Folate: 121.74µg (30.44%), Vitamin B6: 0.56mg (27.81%), Potassium: 752.8mg (21.51%), Magnesium: 85.32mg (21.33%), Vitamin B3: 3.53mg (17.66%), Copper: 0.35mg (17.65%), Zinc: 2.63mg (17.53%), Vitamin B2: 0.26mg (15.16%), Iron: 2.61mg (14.53%), Vitamin B5: 1.28mg (12.79%), Calcium: 123.46mg (12.35%), Vitamin A: 577.76IU (11.56%), Vitamin B12: 0.62µg (10.36%), Vitamin E: 0.77mg (5.14%)