

Grilled Cabbage I

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

Ingredients

- 0.3 cup butter cut into pieces
- 1 small head cabbage cored
- 1 teaspoon garlic minced
- 1 ice cube
- 6 servings salt and pepper to taste

Equipment

- grill
- aluminum foil

Directions

- Preheat an outdoor grill for medium-high heat.
- Slice the top off of the head of cabbage so that it will sit flat with the cored side up.
- Place the butter, ice cube and garlic into the hole where the core used to be. Season with salt and pepper. Wrap tightly with foil, sealing at the top of the head.
- Place wrapped cabbage core side down directly on the grate.
- Let cook for 25 to 30 minutes, or until tender. Slice into wedges, and serve.

Nutrition Facts

 **PROTEIN 6.23%**  **FAT 66.81%**  **CARBS 26.96%**

Properties

Glycemic Index:20.67, Glycemic Load:1.78, Inflammation Score:-5, Nutrition Score:9.9565215590207%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 98.31kcal (4.92%), Fat: 7.79g (11.99%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.82g (4.24%), Cholesterol: 20.34mg (6.78%), Sodium: 276.23mg (12.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Vitamin K: 91.11µg (86.77%), Vitamin C: 43.71mg (52.98%), Folate: 51.47µg (12.87%), Fiber: 2.99g (11.94%), Manganese: 0.2mg (9.96%), Vitamin B6: 0.15mg (7.7%), Vitamin A: 353.03IU (7.06%), Potassium: 206.62mg (5.9%), Calcium: 50.97mg (5.1%), Vitamin B1: 0.07mg (4.94%), Magnesium: 14.62mg (3.66%), Phosphorus: 33.97mg (3.4%), Iron: 0.57mg (3.17%), Vitamin B2: 0.05mg (3.02%), Vitamin E: 0.4mg (2.66%), Vitamin B5: 0.27mg (2.66%), Zinc: 0.23mg (1.53%), Vitamin B3: 0.29mg (1.43%), Copper: 0.02mg (1.23%)