



Haluski - Cabbage and Noodles

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



291 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup butter divided
- 2 small heads cabbage cored cut into 1-inch pieces
- 12 servings salt and ground pepper black to taste
- 2 large onions chopped
- 16 ounce medium-wide egg noodles

Equipment

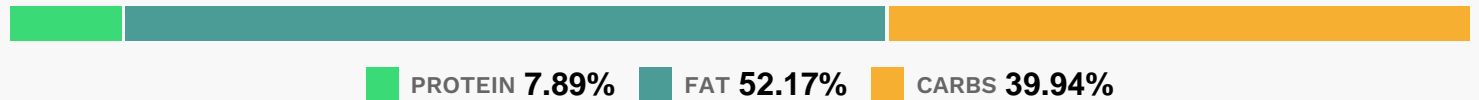
- frying pan
- oven

- pot
- roasting pan

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Fill a large pot with lightly salted water and bring to a rolling boil. Stir in egg noodles and return to a boil. Cook noodles uncovered, stirring occasionally, until tender but still slightly firm, about 5 minutes.
- Drain well.
- Melt 1/2 cup butter in a large skillet over medium-low heat; cook and stir onions until translucent, 5 to 10 minutes.
- Cook and stir remaining butter and cabbage into onions until cabbage is softened but not browned, 5 to 8 more minutes. Season with salt and black pepper.
- Place cooked noodles and cabbage mixture in a large roasting pan and stir gently to combine.
- Sprinkle with more salt and black pepper if desired.
- Bake in the preheated oven until golden brown on top, 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:16.42, Glycemic Load:11.84, Inflammation Score:-5, Nutrition Score:6.6834781999173%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 291.07kcal (14.55%), Fat: 17.05g (26.23%), Saturated Fat: 10.18g (63.63%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 27.66g (10.06%), Sugar: 1.79g (1.99%), Cholesterol: 72.42mg (24.14%), Sodium: 130.62mg (5.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Selenium: 30.11µg (43.01%), Manganese: 0.37mg (18.42%), Phosphorus: 103.09mg (10.31%), Vitamin A: 497.37IU (9.95%), Fiber: 1.7g (6.81%), Magnesium:

24.99mg (6.25%), Copper: 0.12mg (6.17%), Vitamin B6: 0.11mg (5.64%), Zinc: 0.79mg (5.25%), Vitamin B1: 0.08mg (5.13%), Iron: 0.79mg (4.36%), Vitamin B3: 0.83mg (4.16%), Folate: 16.37µg (4.09%), Vitamin B5: 0.4mg (3.98%), Vitamin E: 0.58mg (3.9%), Potassium: 134.88mg (3.85%), Vitamin B2: 0.05mg (2.79%), Calcium: 24.03mg (2.4%), Vitamin B12: 0.14µg (2.36%), Vitamin C: 1.91mg (2.32%), Vitamin K: 1.9µg (1.81%)