



WHATSheATE



Kapusta



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter divided
- ☐ 0.3 medium head cabbage thinly sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1.5 cups mushrooms sliced
- ☐ 2 onions chopped
- ☐ 1 large portabello mushrooms sliced
- ☐ 6 servings salt and pepper to taste
- ☐ 32 ounce sauerkraut pressed drained

☐

0.5 teaspoon sugar white

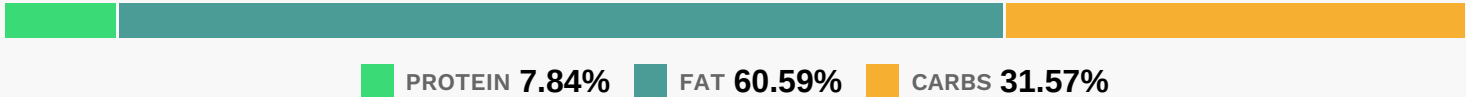
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat 4 tablespoons of butter over medium heat; saute onions and mushrooms until tender.
- ☐ In a medium saucepan over high heat, boil cabbage for 10 minutes.
- ☐ In a 9 x 13 inch baking dish combine onions, mushrooms, cabbage, sauerkraut, sugar, thyme, salt and pepper; mix well. Dot remaining 2 tablespoons butter on top. Cover.
- ☐ Bake in preheated oven for 1 hour, stirring every 20 minutes.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:13.176956552526%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

Nutrients (% of daily need)

Calories: 163.11kcal (8.16%), Fat: 11.78g (18.12%), Saturated Fat: 7.3g (45.61%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 7.4g (2.69%), Sugar: 6.62g (7.36%), Cholesterol: 30.1mg (10.03%), Sodium: 1294.01mg (56.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Vitamin K: 50.96µg (48.54%), Vitamin C: 39.33mg (47.68%), Fiber: 6.41g (25.63%), Manganese: 0.36mg (18.21%), Folate: 68.17µg (17.04%), Vitamin B6: 0.33mg (16.7%), Iron: 2.75mg (15.27%), Potassium: 506.25mg (14.46%), Copper: 0.28mg (14.19%), Vitamin B2:

0.18mg (10.48%), Vitamin B3: 1.85mg (9.26%), Phosphorus: 90mg (9%), Selenium: 6.19µg (8.84%), Vitamin A: 418.05IU (8.36%), Vitamin B5: 0.8mg (8%), Magnesium: 30.49mg (7.62%), Calcium: 75.12mg (7.51%), Vitamin B1: 0.1mg (6.7%), Zinc: 0.63mg (4.23%), Vitamin E: 0.61mg (4.08%)