



Lazanki



Vegetarian



Vegan



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 1 medium head cabbage sliced
- ☐ 2 large onions sliced
- ☐ 6 servings salt and pepper to taste
- ☐ 2 tablespoons soya sauce
- ☐ 8 ounce pasta like spaghetti uncooked
- ☐ 1 tablespoon vegetable oil

Equipment

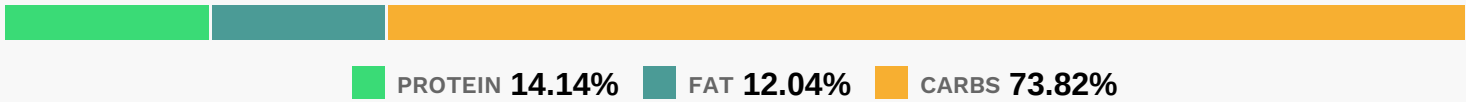
- ☐ frying pan

- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add cabbage and cook until tender, about 15 minutes; drain.
- ☐ Meanwhile, bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ While the pasta and cabbage are cooking, heat oil in a large skillet over medium heat.
- ☐ Saute onions until tender.
- ☐ Combine cabbage, pasta, onions, salt, pepper and soy sauce; mix well and transfer to a 9x13 inch casserole dish.
- ☐ Bake in preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:14.62, Inflammation Score:-6, Nutrition Score:17.521739275559%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 221.71kcal (11.09%), Fat: 3.04g (4.68%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 42.01g (14%), Net Carbohydrates: 36.12g (13.13%), Sugar: 8.07g (8.97%), Cholesterol: 0mg (0%), Sodium: 560.46mg (24.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.09%), Vitamin K: 119.42µg (113.73%), Vitamin C:

59.09mg (71.62%), Selenium: 24.64µg (35.2%), Manganese: 0.68mg (34.18%), Fiber: 5.89g (23.56%), Folate: 82.46µg (20.61%), Vitamin B6: 0.31mg (15.67%), Phosphorus: 133.09mg (13.31%), Potassium: 427.32mg (12.21%), Magnesium: 45.6mg (11.4%), Vitamin B1: 0.15mg (10.19%), Copper: 0.17mg (8.29%), Calcium: 81.29mg (8.13%), Iron: 1.45mg (8.07%), Vitamin B3: 1.29mg (6.46%), Vitamin B2: 0.11mg (6.23%), Zinc: 0.92mg (6.11%), Vitamin B5: 0.57mg (5.68%), Vitamin E: 0.46mg (3.09%), Vitamin A: 149.31IU (2.99%)