



Mexican Cabbage

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 tsp pepper black
- 0.5 cabbage whole
- 1 cup black beans cooked
- 0.3 cup baked corn chips
- 1 tsp cumin
- 1 cup regular corn frozen
- 4 ounces chiles diced green
- 1 onion diced sweet whole

- 0.5 tsp oregano
- 2 tbsp tomato paste
- 8 ounces tomato sauce
- 2 garlic cloves whole minced

Equipment

- sauce pan

Directions

- Chop cabbage into thin strips, set aside. Line a medium saucepan with water and saute onions and garlic over high heat until translucent.
- Add cabbage, tomato sauce, chilis, paste and spices. Reduce heat to medium and cook until cabbage is tender, about 10 minutes. Turn off heat and stir in frozen corn until evenly distributed. Taste test, adjusting spices as needed. Salt to taste if desired.
- Mix in black beans before serving. Break corn tortilla chips into small pieces in your hand and sprinkle over top before serving.

Amount Per Serving

Calories

Fat

70g

Carbohydrate

gDietary Fiber17.70gSugars16.50gProtein14.80g

Nutrition Facts



Properties

Glycemic Index:131.5, Glycemic Load:11.65, Inflammation Score:-9, Nutrition Score:35.503912739132%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg

Nutrients (% of daily need)

Calories: 398.09kcal (19.9%), Fat: 5.74g (8.84%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 79.12g (26.37%), Net Carbohydrates: 57.63g (20.95%), Sugar: 17.57g (19.52%), Cholesterol: 0mg (0%), Sodium: 959.65mg (41.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17g (34%), Vitamin K: 181.74µg (173.09%), Vitamin C: 112.36mg (136.2%), Fiber: 21.49g (85.97%), Folate: 283.5µg (70.88%), Manganese: 1.3mg (65.08%), Potassium: 1567.82mg (44.79%), Magnesium: 157.04mg (39.26%), Vitamin B6: 0.77mg (38.28%), Phosphorus: 343.02mg (34.3%), Vitamin B1: 0.51mg (34.26%), Iron: 6.15mg (34.17%), Copper: 0.51mg (25.51%), Vitamin E: 3.59mg (23.92%), Vitamin B3: 4.22mg (21.08%), Vitamin B2: 0.35mg (20.3%), Vitamin A: 989.03IU (19.78%), Calcium: 189.82mg (18.98%), Zinc: 2.63mg (17.55%), Vitamin B5: 1.46mg (14.59%), Selenium: 5.52µg (7.89%)