



New Year Day Dinner

 **Gluten Free**

READY IN



60 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 head cabbage shredded
- ☐ 0.5 teaspoon caraway seeds
- ☐ 1.5 cups chicken broth divided
- ☐ 1 bell pepper diced green
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 onion diced
- ☐ 1 pound fatty pork boneless cut into thin bite-size pieces

- ☐ 1 bell pepper diced red
- ☐ 1 tablespoon vegetable oil

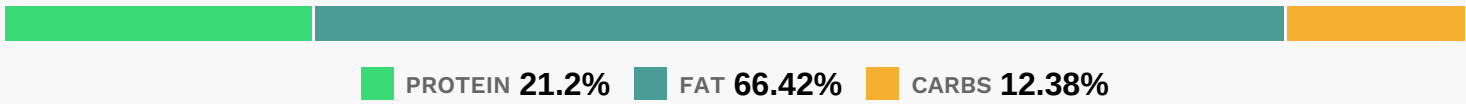
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat vegetable oil in a skillet over medium heat; cook and stir pork in hot vegetable oil until browned, about 10 minutes.
- ☐ Transfer pork to a bowl.
- ☐ Heat butter in the same skillet; cook and stir cabbage until wilted, about 5 minutes. Stir onion into cabbage and cook until onion is translucent, stirring often, about 5 more minutes.
- ☐ Sprinkle vegetables with caraway seeds and season with salt and black pepper; pour 1/2 cup chicken broth into skillet. Raise heat to medium-high and cook until broth has nearly evaporated; pour remaining 1 cup broth into skillet. Return pork to skillet, add red and green bell peppers, and cover; cook until peppers start to soften, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:26.241738920626%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

Nutrients (% of daily need)

Calories: 412.82kcal (20.64%), Fat: 30.77g (47.34%), Saturated Fat: 11.34g (70.88%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 8.35g (3.04%), Sugar: 7.14g (7.94%), Cholesterol: 90.93mg (30.31%), Sodium: 436.63mg

(18.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.2%), Vitamin C: 106.42mg (129%), Vitamin K: 96.69µg (92.09%), Vitamin B1: 0.96mg (64.32%), Selenium: 28.83µg (41.18%), Vitamin B6: 0.76mg (38.13%), Vitamin B3: 5.86mg (29.28%), Phosphorus: 255.56mg (25.56%), Vitamin A: 1251.95IU (25.04%), Vitamin B2: 0.41mg (23.96%), Potassium: 694.8mg (19.85%), Zinc: 2.94mg (19.59%), Folate: 76.51µg (19.13%), Fiber: 4.56g (18.22%), Manganese: 0.35mg (17.73%), Vitamin B12: 0.82µg (13.62%), Vitamin B5: 1.17mg (11.69%), Magnesium: 46.23mg (11.56%), Iron: 1.93mg (10.73%), Calcium: 79.19mg (7.92%), Vitamin E: 1.16mg (7.72%), Copper: 0.12mg (6.24%)