



Pan-Sautéed Kale and Cabbage



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 cups cabbage shredded green
- ☐ 6 cups kale shredded
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 center-cut bacon lean such as Oscar Mayer

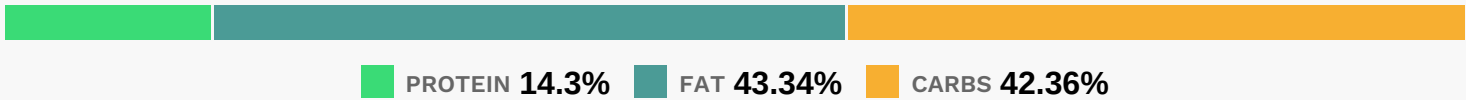
Equipment

☐ frying pan

Directions

- ☐ Arrange kale and cabbage in a vegetable steamer. Steam, covered, 8 to 10 minutes or until tender.
- ☐ Drain.
- ☐ Meanwhile, heat oil in a nonstick skillet over medium heat.
- ☐ Place bacon in pan and cook until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add onion to drippings in pan; saut 4 minutes.
- ☐ Add kale and cabbage, and cook until thoroughly heated. Stir in crumbled bacon.
- ☐ Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:13.303043491167%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 6.29mg, Isorhamnetin: 6.29mg, Isorhamnetin: 6.29mg, Isorhamnetin: 6.29mg Kaempferol: 10.13mg, Kaempferol: 10.13mg, Kaempferol: 10.13mg, Kaempferol: 10.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.35mg, Quercetin: 10.35mg, Quercetin: 10.35mg, Quercetin: 10.35mg

Nutrients (% of daily need)

Calories: 66.64kcal (3.33%), Fat: 3.46g (5.32%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 4.52g (1.64%), Sugar: 3.54g (3.93%), Cholesterol: 3.96mg (1.32%), Sodium: 161.44mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin K: 135.74µg (129.28%), Vitamin C: 47.21mg (57.22%), Vitamin A: 2169.71IU (43.39%), Manganese: 0.3mg (14.82%), Fiber: 3.09g (12.34%), Folate: 48.2µg (12.05%), Calcium: 88.21mg (8.82%), Vitamin B6: 0.17mg (8.29%), Potassium: 244.03mg (6.97%), Vitamin B2: 0.11mg (6.65%), Vitamin B1: 0.1mg (6.36%), Magnesium: 18.86mg (4.72%), Phosphorus: 46.26mg (4.63%), Iron: 0.76mg (4.21%), Vitamin B3: 0.68mg (3.42%), Selenium: 1.74µg (2.49%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.23mg (2.35%), Zinc: 0.33mg (2.17%), Copper: 0.04mg (1.93%)