



Pancetta Fried Cabbage



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 head cabbage shredded finely
- ☐ 2 cloves garlic minced
- ☐ 6 slices pancetta cut into small strips
- ☐ 0.5 onion diced red
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons lite soy sauce

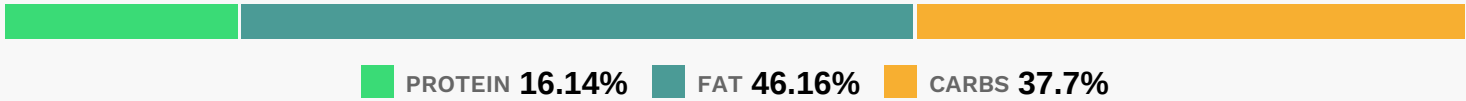
Equipment

☐ frying pan

Directions

- ☐ Cook and stir pancetta in a large skillet over medium heat until slightly browned, about 5 minutes.
- ☐ Add onion, garlic, salt, and black pepper; cook until onions become translucent, 5 to 10 minutes. Cook and stir cabbage with pancetta mixture until slightly softened, 5 minutes.
- ☐ Add soy sauce and hot pepper sauce; cook until cabbage is tender, about 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:3.8, Inflammation Score:-6, Nutrition Score:17.689565256886%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 157.77kcal (7.89%), Fat: 8.6g (13.22%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 9.75g (3.55%), Sugar: 8.02g (8.91%), Cholesterol: 13.86mg (4.62%), Sodium: 974.14mg (42.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Vitamin K: 172.81µg (164.58%), Vitamin C: 84.57mg (102.51%), Folate: 101.91µg (25.48%), Fiber: 6.04g (24.18%), Manganese: 0.47mg (23.5%), Vitamin B6: 0.39mg (19.54%), Vitamin B1: 0.21mg (14.08%), Potassium: 474.37mg (13.55%), Phosphorus: 107.44mg (10.74%), Calcium: 100.26mg (10.03%), Magnesium: 35.33mg (8.83%), Vitamin B3: 1.76mg (8.8%), Iron: 1.44mg (7.98%), Selenium: 5.26µg (7.52%), Vitamin B2: 0.13mg (7.48%), Vitamin B5: 0.66mg (6.59%), Zinc: 0.74mg (4.92%), Vitamin A: 231.32IU (4.63%), Copper: 0.08mg (3.79%), Vitamin E: 0.44mg (2.91%), Vitamin B12: 0.1µg (1.75%)