



## Pennsylvania Dutch Sour Cream Cabbage

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



254 kcal

SIDE DISH

### Ingredients

- 1 medium head cabbage shredded
- 2 tablespoons flour all-purpose
- 0.5 teaspoon ground pepper black
- 0.5 cup oil for frying
- 1 teaspoon salt
- 1 pint cup heavy whipping cream sour
- 2 cups distilled vinegar white
- 2 cups sugar white

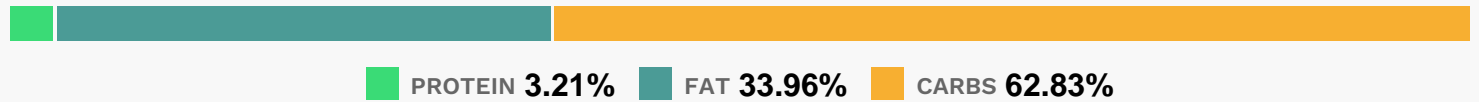
# Equipment

- bowl
- frying pan

# Directions

- Heat oil in a medium skillet over medium heat.
- Add cabbage, salt and pepper and cook until tender, 15 to 20 minutes.
- Mix sugar and flour together in a medium bowl, then add sour cream and mix well; finally stir in vinegar and mix well.
- Add mixture to cabbage and simmer all together until desired consistency is reached.

# Nutrition Facts



# Properties

Glycemic Index:22.59, Glycemic Load:25.08, Inflammation Score:-4, Nutrition Score:7.8113043308258%

# 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 Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

# Nutrients (% of daily need)

Calories: 254.23kcal (12.71%), Fat: 9.71g (14.94%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 38.49g (14%), Sugar: 37.05g (41.17%), Cholesterol: 23.26mg (7.75%), Sodium: 220.86mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin K: 59.57µg (56.73%), Vitamin C: 28.05mg (34%), Folate: 37.2µg (9.3%), Manganese: 0.17mg (8.49%), Fiber: 1.95g (7.79%), Calcium: 73.65mg (7.37%), Vitamin B2: 0.11mg (6.42%), Vitamin A: 320.27IU (6.41%), Vitamin B6: 0.11mg (5.54%), Phosphorus: 52.82mg (5.28%), Potassium: 181.92mg (5.2%), Vitamin B1: 0.06mg (4.26%), Vitamin E: 0.59mg (3.94%), Selenium: 2.53µg (3.61%), Magnesium: 13.87mg (3.47%), Vitamin B5: 0.3mg (3%), Iron: 0.48mg (2.67%), Zinc: 0.28mg (1.89%), Copper: 0.03mg (1.47%), Vitamin B3: 0.29mg (1.44%), Vitamin B12: 0.08µg (1.38%)