



Polish Cabbage Noodles

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 medium head cabbage shredded
- ☐ 6 servings ground pepper black to taste
- ☐ 2 onions red cut into strips
- ☐ 6 servings salt to taste
- ☐ 16 ounce wide egg noodles

Equipment

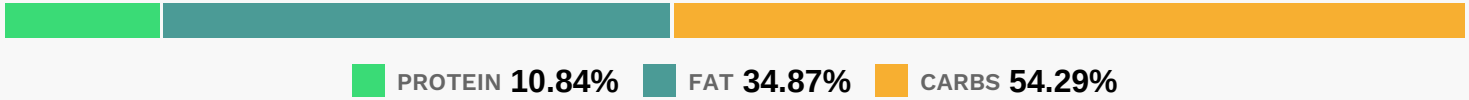
- ☐ frying pan

☐ pot

Directions

- ☐ Cook pasta in a large pot of boiling salted water.
- ☐ Meanwhile, heat butter or margarine in a skillet over medium heat.
- ☐ Saute cabbage and onions until tender.
- ☐ Drain pasta, and return to the pot.
- ☐ Add cabbage and onion mixture to the noodles, and toss. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:25.58, Inflammation Score:-8, Nutrition Score:23.847391325495%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 478.68kcal (23.93%), Fat: 18.89g (29.06%), Saturated Fat: 10.68g (66.77%), Carbohydrates: 66.16g (22.05%), Net Carbohydrates: 59.23g (21.54%), Sugar: 7.83g (8.7%), Cholesterol: 104.17mg (34.72%), Sodium: 360.03mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.43%), Vitamin K: 117.03µg (111.45%), Selenium: 60.4µg (86.29%), Vitamin C: 58.1mg (70.43%), Manganese: 0.95mg (47.45%), Fiber: 6.93g (27.71%), Phosphorus: 236.87mg (23.69%), Folate: 94.55µg (23.64%), Vitamin B6: 0.4mg (19.79%), Magnesium: 66.23mg (16.56%), Vitamin B1: 0.24mg (15.92%), Potassium: 501.17mg (14.32%), Copper: 0.27mg (13.45%), Vitamin A: 669.19IU (13.38%), Iron: 2.24mg (12.44%), Zinc: 1.8mg (12.03%), Vitamin B5: 1.08mg (10.78%), Calcium: 100.53mg (10.05%), Vitamin B3: 1.99mg (9.97%), Vitamin B2: 0.15mg (8.53%), Vitamin E: 0.95mg (6.36%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.23µg (1.51%)