



Pork Sausage and Cabbage Pitas

READY IN



35 min.

SERVINGS



6

CALORIES



528 kcal

Ingredients

- 1 medium head cabbage shredded
- 1 tablespoon pepper red crushed
- 1.5 pounds sausage meat
- 1 small onion chopped
- 8 ounce pitas halved
- 6 servings salt to taste
- 0.3 cup cup heavy whipping cream sour
- 0.5 cup water
- 1 tablespoon sugar white

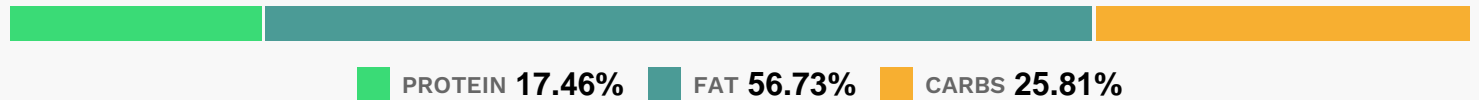
Equipment

- frying pan
- wok

Directions

- In wok or skillet, brown pork sausage, drain and set aside.
- Combine in wok or skillet: Shredded cabbage, onion, crushed red pepper, sugar, salt, and water. Steam covered for approximately 20 minutes or until cabbage is tender; stirring occasionally.
- Return pork sausage to wok or skillet with cabbage mixture and add sour cream; mix well.
- Serve stuffed inside warmed pita bread.

Nutrition Facts



Properties

Glycemic Index:44.35, Glycemic Load:23.45, Inflammation Score:-7, Nutrition Score:22.726521823717%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 527.94kcal (26.4%), Fat: 33.38g (51.35%), Saturated Fat: 11.42g (71.36%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 28.89g (10.51%), Sugar: 7.86g (8.74%), Cholesterol: 89.19mg (29.73%), Sodium: 1172.15mg (50.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.22%), Vitamin K: 117.11µg (111.54%), Vitamin C: 57.17mg (69.3%), Vitamin B1: 0.52mg (34.42%), Vitamin B3: 6.68mg (33.38%), Vitamin B6: 0.59mg (29.73%), Phosphorus: 246.19mg (24.62%), Manganese: 0.47mg (23.47%), Zinc: 3.17mg (21.15%), Fiber: 5.28g (21.11%), Folate: 78.64µg (19.66%), Potassium: 642.94mg (18.37%), Vitamin B12: 0.99µg (16.51%), Vitamin B2: 0.27mg (16.06%), Iron: 2.77mg (15.37%), Vitamin A: 708.53IU (14.17%), Vitamin B5: 1.3mg (13.01%), Calcium: 123.97mg (12.4%), Magnesium: 48.5mg (12.12%), Vitamin D: 1.47µg (9.83%), Copper: 0.19mg (9.54%), Vitamin E: 1mg (6.68%), Selenium: 1.27µg (1.81%)