



Quick stir fry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 servings half a savoy cabbage cut into 1cm-wide strips
- ☐ 1 tbsp unrefined sunflower oil hot
- ☐ 2 rashers of streaky bacon smoked cut into strips
- ☐ 1 handful pinenuts
- ☐ 2 garlic cloves thinly sliced
- ☐ 2 servings cm root ginger cut in matchsticks
- ☐ 1 tbsp oil
- ☐ 2 servings soya sauce to taste

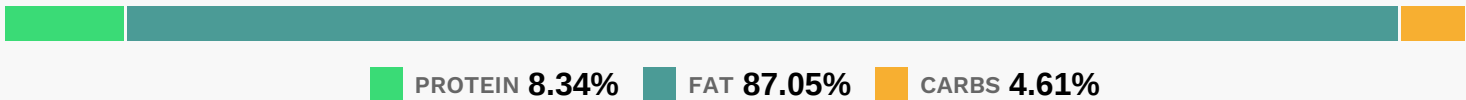
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ Fry the cabbage in a wok with about 1 tbsp hot sunflower oil for a few seconds.
- ☐ Add the bacon and fry for 30 seconds. Tip in the pinenuts, garlic cloves and ginger. Stir fry until lightly browned.
- ☐ Tip everything out into a bowl, add another tbsp of oil and the cabbage to the wok and fry over a high heat for 4–5 minutes. Return everything to the wok with a little soy sauce to taste.
- ☐ Serve fresh and hot.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:4.620000038458%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 236.01kcal (11.8%), Fat: 23.12g (35.57%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.46g (0.9%), Sugar: 0.41g (0.46%), Cholesterol: 14.52mg (4.84%), Sodium: 1152.18mg (50.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.97%), Vitamin E: 4.25mg (28.34%), Manganese: 0.19mg (9.64%), Vitamin B3: 1.66mg (8.28%), Selenium: 5.02µg (7.17%), Vitamin B6: 0.14mg (6.86%), Phosphorus: 63.65mg (6.36%), Vitamin K: 6.38µg (6.08%), Vitamin B1: 0.08mg (5.36%), Iron: 0.61mg (3.41%), Magnesium: 12.98mg (3.25%), Potassium: 107.33mg (3.07%), Vitamin B2: 0.05mg (2.98%), Zinc: 0.41mg (2.76%), Copper: 0.05mg (2.71%), Vitamin B5: 0.22mg (2.15%), Vitamin B12: 0.11µg (1.83%), Vitamin C: 1.35mg (1.64%), Fiber: 0.3g (1.19%), Folate: 4.52µg (1.13%), Calcium: 10.88mg (1.09%)