



Red Cabbage and Peas with Cumin and Mustard Seeds

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



90 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon asafetida minced (optional-or use 1 tsp. garlic)
- 1 teaspoon cumin seeds
- 1 tablespoon juice of lemon quick
- 0.5 teaspoon mustard seeds
- 1.5 cups peas green frozen
- 6 cups cabbage shredded red
- 0.1 teaspoon bell pepper red to taste (or)

- 0.5 teaspoon salt
- 1 tablespoon water

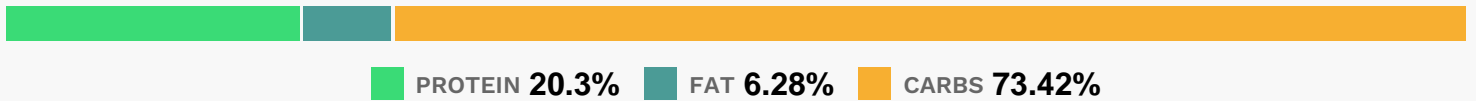
Equipment

- frying pan
- wok

Directions

- Heat a deep skillet or wok. Once it's hot, spray it lightly with canola oil and sprinkle the cumin and mustard seeds across its surface. Toast them for about 1 minute and add the asafetida.
- Add the peas and stir well, scraping the spices up from the bottom.
- Add the cabbage and sprinkle it with the red pepper and salt and stir well.
- Add 1 tablespoon of water and quickly cover. Reduce heat to low and cook for 8–10 minutes, stirring every couple of minutes. It's done when the cabbage is to the tenderness you like. Squeeze a little lemon juice over the top, stir, and serve.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:4.36, Inflammation Score:-9, Nutrition Score:17.307825990345%

Flavonoids

Cyanidin: 280.12mg, Cyanidin: 280.12mg, Cyanidin: 280.12mg, Cyanidin: 280.12mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 90.29kcal (4.51%), Fat: 0.7g (1.07%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 12.28g (4.47%), Sugar: 8.34g (9.27%), Cholesterol: 0mg (0%), Sodium: 330.6mg (14.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Vitamin C: 99.57mg (120.69%), Vitamin K: 64.55µg (61.48%), Vitamin A: 1917.51IU (38.35%), Manganese: 0.58mg (29.22%), Fiber: 6.02g (24.1%), Vitamin B6: 0.38mg (18.85%), Vitamin B1: 0.24mg (15.82%), Folate: 60.87µg (15.22%), Potassium: 473.45mg (13.53%), Iron: 2.25mg (12.51%), Magnesium: 42.89mg (10.72%), Phosphorus: 104.79mg (10.48%), Vitamin B2: 0.17mg (9.84%), Vitamin B3: 1.74mg (8.71%), Calcium: 80.28mg (8.03%), Zinc: 1.02mg (6.8%), Copper: 0.13mg (6.35%), Selenium: 2.6µg (3.71%), Vitamin B5: 0.26mg (2.61%), Vitamin E: 0.26mg (1.75%)