



Red Cabbage Stir-Fry with Coconut

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

25

CALORIES

calories

32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1.5 ounces coconut or dried shredded finely
- ☐ 1 teaspoon cumin seeds
- ☐ 10 curry leaves fresh
- ☐ 3 cloves garlic smashed
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 teaspoon mustard seeds
- ☐ 8 cups cabbage red cored coarsely chopped

- ☐ 25 servings salt
- ☐ 1 serrano chile stemmed coarsely chopped
- ☐ 0.8 cup water

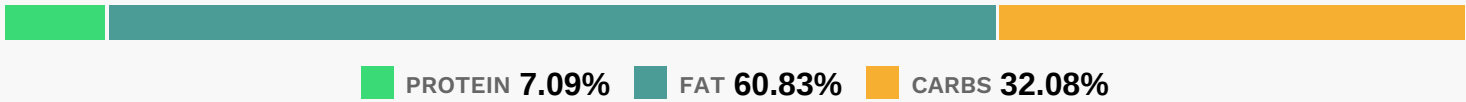
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ In a large, deep skillet, heat the oil.
- ☐ Add the mustard seeds and cook over moderate heat just until they begin to pop, about 30 seconds.
- ☐ Add the cumin and curry leaves and cook until fragrant, about 30 seconds.
- ☐ Add the cabbage and turmeric and season with salt. Cook, stirring occasionally, until the cabbage is crisp-tender, about 3 minutes.
- ☐ Add 1/2 cup of the water and cook until the water is evaporated and the cabbage is tender, 5 to 6 minutes longer. Discard the bay leaves, if using.
- ☐ Meanwhile, in a mini food processor, add the garlic, chile, coconut and remaining 1/4 cup of water and pulse to a paste.
- ☐ Scrape the paste into the skillet and toss to coat the red cabbage. Cook, stirring, for 2 minutes. Season with salt and serve.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:5.0395652392636%

Flavonoids

Cyanidin: 59.76mg, Cyanidin: 59.76mg, Cyanidin: 59.76mg, Cyanidin: 59.76mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin:

0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 31.84kcal (1.59%), Fat: 2.33g (3.59%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 1.83g (0.67%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 202.71mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 24.5mg (29.7%), Vitamin B3: 4.75mg (23.73%), Folate: 52.56µg (13.14%), Vitamin K: 11.73µg (11.17%), Vitamin A: 336.29IU (6.73%), Manganese: 0.13mg (6.6%), Fiber: 0.94g (3.74%), Vitamin B6: 0.07mg (3.59%), Potassium: 83.98mg (2.4%), Iron: 0.38mg (2.09%), Magnesium: 7.21mg (1.8%), Calcium: 17.07mg (1.71%), Vitamin E: 0.25mg (1.64%), Vitamin B1: 0.02mg (1.45%), Phosphorus: 14.31mg (1.43%), Vitamin B2: 0.02mg (1.35%), Copper: 0.02mg (1.15%), Selenium: 0.79µg (1.13%)