



Rosemary-spiked cabbage



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 1 savoy cabbage
- ☐ 4 tbsp goose fat
- ☐ 4 shallots sliced
- ☐ 6 servings rosemary
- ☐ 2 garlic clove whole

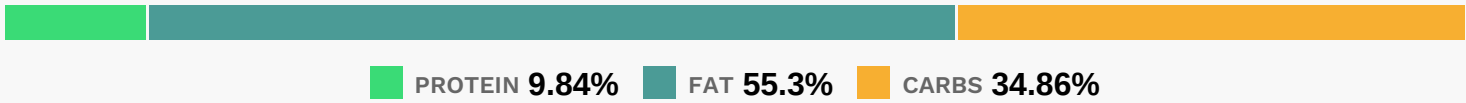
Equipment

- ☐ frying pan

Directions

- ☐ Quarter the cabbage, remove the core and shred the leaves. Blanch in a pan of boiling salted water for 3 mins, then hold under a cold tap to cool.
- ☐ Drain well.
- ☐ Heat the goose fat in a pan and saut the shallots, rosemary sprig and garlic cloves for 5 mins, until golden. Discard the garlic and rosemary, toss in the cabbage, stir-frying until reheated. Season and serve.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:2.23, Inflammation Score:-8, Nutrition Score:15.071739144947%

Flavonoids

Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 131.12kcal (6.56%), Fat: 8.7g (13.39%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 7.1g (2.58%), Sugar: 4.73g (5.25%), Cholesterol: 8.53mg (2.84%), Sodium: 44.22mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Vitamin K: 103.35µg (98.43%), Vitamin C: 48.21mg (58.43%), Folate: 126µg (31.5%), Vitamin A: 1503.88IU (30.08%), Fiber: 5.25g (20.99%), Vitamin B6: 0.36mg (17.83%), Manganese: 0.34mg (16.86%), Potassium: 405.63mg (11.59%), Magnesium: 45.97mg (11.49%), Vitamin B1: 0.12mg (7.83%), Phosphorus: 74.6mg (7.46%), Calcium: 61.76mg (6.18%), Copper: 0.11mg (5.56%), Iron: 0.85mg (4.7%), Vitamin B5: 0.33mg (3.35%), Vitamin E: 0.49mg (3.29%), Zinc: 0.49mg (3.24%), Vitamin B2: 0.05mg (2.93%), Vitamin B3: 0.49mg (2.46%), Selenium: 1.71µg (2.45%)