



## Rutabaga-Cabbage Skillet

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

### Ingredients

- 3 slices bacon
- 1 large head cabbage coarsely chopped
- 0.5 teaspoon self-rising corn meal mix
- 0.3 teaspoon pepper
- 1 large rutabaga peeled cut into 1-inch pieces
- 0.5 teaspoon salt
- 1 pinch sugar
- 2 cups water

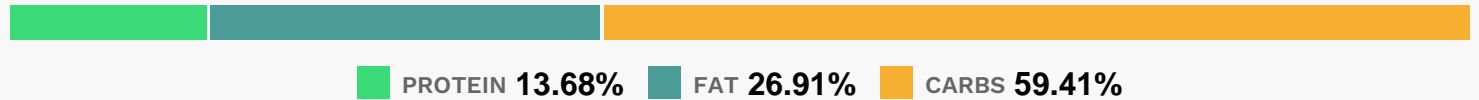
## Equipment

- frying pan
- dutch oven

## Directions

- Cook bacon in a large Dutch oven until crisp.
- Remove bacon, reserving drippings in pan. Crumble bacon, and set aside.
- Add rutabaga and next 4 ingredients to drippings in pan.
- Bring mixture to a boil. Reduce heat to medium, and cook, covered, 20 minutes. Uncover and return to a boil; stir in cabbage. Cook 5 minutes or until rutabaga is tender.
- Sprinkle with cornmeal mix; stir until blended. Cook 1 more minute.
- Sprinkle with bacon.

## Nutrition Facts



## Properties

Glycemic Index:36.35, Glycemic Load:9, Inflammation Score:-7, Nutrition Score:19.616086979275%

## Flavonoids

Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 2.74mg, Myricetin: 2.74mg, Myricetin: 2.74mg, Myricetin: 2.74mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 147.76kcal (7.39%), Fat: 4.79g (7.38%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 15.61g (5.68%), Sugar: 12.56g (13.96%), Cholesterol: 7.26mg (2.42%), Sodium: 328.87mg (14.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.97%), Vitamin K: 158.6µg (151.05%), Vitamin C: 108.29mg (131.27%), Fiber: 8.21g (32.83%), Folate: 117.56µg (29.39%), Manganese: 0.52mg (25.79%), Potassium: 769.81mg (21.99%), Vitamin B6: 0.42mg (20.88%), Vitamin B1: 0.28mg (18.4%), Calcium: 143.16mg (14.32%), Phosphorus: 140.92mg (14.09%), Magnesium: 53.17mg (13.29%), Vitamin B3: 1.85mg (9.26%), Iron: 1.62mg (8.99%), Vitamin B2: 0.15mg (8.56%), Vitamin B5: 0.71mg (7.11%), Zinc: 0.83mg (5.52%), Selenium: 3.74µg (5.34%), Copper:

0.1mg (4.99%), Vitamin E: 0.75mg (4.97%), Vitamin A: 212.12IU (4.24%)