



Sautéed Cabbage with Dill



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



46 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 8 ounces cabbage-and-carrot coleslaw mix
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 cup leek thinly sliced (1 large)
- ☐ 2 teaspoons juice of lemon fresh ()
- ☐ 0.3 teaspoon salt

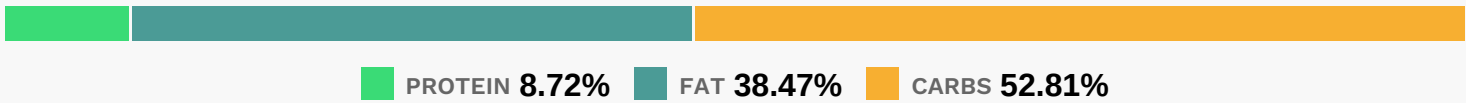
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium heat. Stir in coleslaw and leek. Cover and cook 4 minutes or until cabbage wilts, stirring twice.
- ☐ Remove from heat.
- ☐ Add dill and remaining ingredients.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:1.72, Inflammation Score:-5, Nutrition Score:6.8030434150411%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 46.47kcal (2.32%), Fat: 2.16g (3.32%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 4.83g (1.76%), Sugar: 2.75g (3.05%), Cholesterol: 5.38mg (1.79%), Sodium: 176.23mg (7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin K: 53.83µg (51.26%), Vitamin C: 24.56mg (29.77%), Manganese: 0.21mg (10.45%), Vitamin A: 504.88IU (10.1%), Folate: 39.51µg (9.88%), Fiber: 1.85g (7.38%), Vitamin B6: 0.12mg (6.2%), Iron: 0.76mg (4.2%), Potassium: 141.95mg (4.06%), Calcium: 37.34mg (3.73%), Magnesium: 13.45mg (3.36%), Vitamin B1: 0.05mg (3.26%), Phosphorus: 23.56mg (2.36%), Vitamin E: 0.35mg (2.35%), Copper: 0.04mg (1.96%), Vitamin B2: 0.03mg (1.84%), Vitamin B5: 0.16mg (1.59%), Vitamin B3: 0.23mg (1.14%)