



Savoy cabbage with almonds



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 1 savoy cabbage finely sliced
- ☐ 25 g butter
- ☐ 1 tbsp olive oil
- ☐ 1 garlic clove sliced
- ☐ 1 rosemary finely chopped
- ☐ 100 g almond flour

Equipment

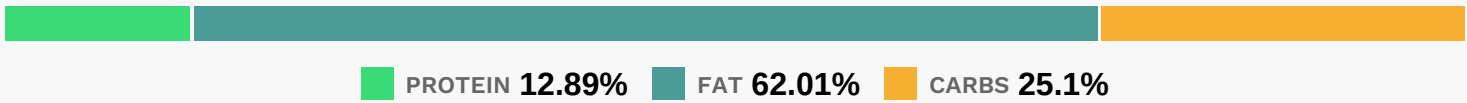
- ☐ frying pan

- ☐ wok
- ☐ microwave

Directions

- ☐ Steam or microwave the cabbage until just cooked. Melt the butter with the oil in a large frying pan or wok, then add the garlic, rosemary and almonds. Cook, stirring the almonds for about 2 mins or until they start to brown. Tip onto a plate.
- ☐ Add the cabbage to the pan, stir in the leftover buttery juices, then return the almond mixture to the pan. Season well and tip into a serving dish.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.12, Inflammation Score:-8, Nutrition Score:11.25391293479%

Flavonoids

Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 139.48kcal (6.97%), Fat: 10.59g (16.29%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 4.82g (1.75%), Sugar: 3g (3.33%), Cholesterol: 6.72mg (2.24%), Sodium: 51.7mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Vitamin K: 78.68µg (74.93%), Vitamin C: 35mg (42.42%), Vitamin A: 1203.52IU (24.07%), Folate: 90.14µg (22.54%), Fiber: 4.83g (19.3%), Vitamin B6: 0.22mg (10.94%), Manganese: 0.21mg (10.45%), Magnesium: 31.68mg (7.92%), Potassium: 261.14mg (7.46%), Calcium: 67.23mg (6.72%), Vitamin B1: 0.08mg (5.31%), Iron: 0.94mg (5.24%), Phosphorus: 48.58mg (4.86%), Copper: 0.07mg (3.55%), Vitamin E: 0.52mg (3.44%), Vitamin B5: 0.22mg (2.16%), Vitamin B2: 0.04mg (2.08%), Zinc: 0.31mg (2.08%), Vitamin B3: 0.34mg (1.71%), Selenium: 1.1µg (1.57%)