

Scalloped Cabbage

READY IN



65 min.

SERVINGS



6

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 medium head cabbage cored sliced thin
- ☐ 4 eggs lightly beaten
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 cups milk
- ☐ 1 large onion chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup saltines crushed

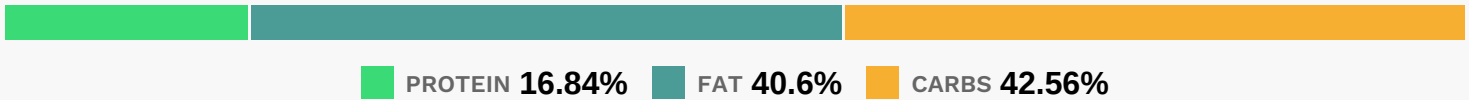
Equipment

- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x12 inch casserole dish.
- ☐ Melt 1 tablespoon of butter in a large pot over medium heat.
- ☐ Add cabbage and onion and cook for about 20 minutes, or until tender, stirring often.
- ☐ Add milk and bring to a boil. Reduce heat to low and simmer for 5 minutes. Gently pour in eggs, stirring constantly. Stir in 3/4 of the cracker crumbs, and the salt and pepper; mix well.
- ☐ Pour into casserole dish and top with remaining cracker crumbs. Dot with butter.
- ☐ Bake in preheated oven for 30 minutes, or until golden brown and heated through.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:3.82, Inflammation Score:-7, Nutrition Score:18.700434591459%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 209.02kcal (10.45%), Fat: 9.72g (14.95%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 18.34g (6.67%), Sugar: 9.1g (10.11%), Cholesterol: 126.47mg (42.16%), Sodium: 620.48mg (26.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.14%), Vitamin K: 118.95µg (113.28%), Vitamin C: 57.24mg (69.38%), Folate: 99.41µg (24.85%), Manganese: 0.41mg (20.25%), Vitamin B2: 0.34mg (20.25%), Fiber: 4.58g (18.31%), Phosphorus: 179.57mg (17.96%), Selenium: 12µg (17.14%), Calcium: 162.05mg (16.21%), Vitamin B6:

0.32mg (15.77%), Vitamin B1: 0.23mg (15.47%), Potassium: 446.89mg (12.77%), Vitamin B5: 1.09mg (10.92%), Iron: 1.95mg (10.82%), Vitamin A: 523.67IU (10.47%), Vitamin B12: 0.61µg (10.15%), Magnesium: 34.57mg (8.64%), Vitamin D: 1.26µg (8.38%), Zinc: 1.03mg (6.87%), Vitamin B3: 1.22mg (6.12%), Vitamin E: 0.81mg (5.43%), Copper: 0.08mg (3.95%)