



## Scalloped Cabbage

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons butter
- 3 tablespoons butter
- 4 cups cabbage shredded (1 medium cabbage)
- 1.5 tablespoons flour all-purpose
- 1.5 cups milk
- 0.8 teaspoon pepper
- 28 saltines crushed

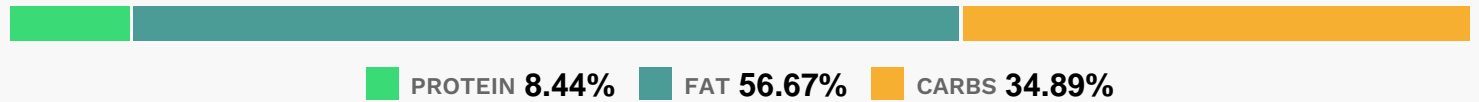
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Cook shredded cabbage, covered, in a small amount of boiling salted water for 15 minutes or until cabbage is tender; drain well. Set cooked cabbage aside, and keep warm.
- Melt 3 tablespoons butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook mixture 1 minute, stirring constantly. Gradually stir in milk. Cook sauce over medium heat, stirring constantly, until thickened and bubbly. Stir in pepper.
- Place one-third cracker crumbs in a lightly greased shallow 2 1/2-quart baking dish. Spoon half of cabbage over cracker crumbs.
- Pour half of sauce mixture over cabbage. Repeat layers, ending with cracker crumbs. Dot cracker crumb layers with 2 tablespoons butter. Cover and bake at 350 for 30 minutes.
- Serve warm in baking dish.

## Nutrition Facts



## Properties

Glycemic Index:29.88, Glycemic Load:2.12, Inflammation Score:-4, Nutrition Score:6.3860869096673%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 148.49kcal (7.42%), Fat: 9.5g (14.62%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 11.91g (4.33%), Sugar: 3.46g (3.85%), Cholesterol: 16.78mg (5.59%), Sodium: 189.32mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Vitamin K: 30.08µg (28.65%), Vitamin C: 12.82mg (15.54%), Manganese: 0.18mg (8.97%), Vitamin B1: 0.13mg (8.84%), Vitamin B2: 0.14mg (8.15%), Folate: 31.92µg (7.98%), Calcium: 75.62mg (7.56%), Vitamin A: 365.94IU (7.32%), Phosphorus: 69.9mg (6.99%), Fiber: 1.25g (5.02%), Iron: 0.83mg (4.63%), Vitamin B12: 0.27µg (4.48%), Vitamin B3: 0.89mg (4.47%), Potassium: 150.81mg (4.31%), Vitamin B6: 0.08mg (4.1%), Selenium: 2.59µg (3.71%), Vitamin D: 0.5µg (3.36%), Magnesium: 12.94mg

(3.24%), Vitamin B5: 0.31mg (3.12%), Vitamin E: 0.43mg (2.86%), Zinc: 0.34mg (2.27%), Copper: 0.03mg (1.31%)