



Scalloped Cabbage with Fennel and Cranberries

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible) light
- 1 cup cranberries dried
- 1 tablespoon olive oil extra virgin
- 1 medium bulb fennel chopped
- 4 teaspoons fennel seeds
- 1.5 pounds cabbage shredded green
- 2 cups chicken broth low-fat, reduced-sodium

- 10 servings salt and pepper black freshly ground to taste
- 0.5 pound turkey breast smoked

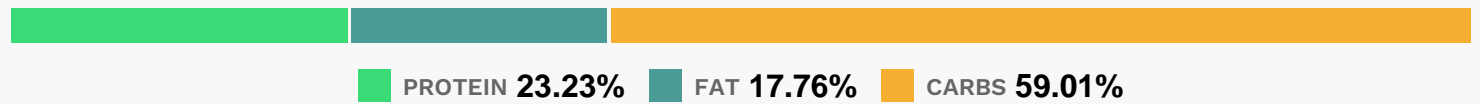
Equipment

- oven

Directions

- Preheat oven to 425 degrees.
- Place cabbage and fennel in a 9-by-13-inch Pyrex dish or other large, shallow casserole.
- Sprinkle on turkey, cranberries and fennel seeds.
- Pour on broth, juice and oil.
- Add salt and pepper.
- Bake, covered, 30 minutes. Uncover, stir and bake 30 minutes.
- Serve.

Nutrition Facts



Properties

Glycemic Index:17.7, Glycemic Load:2.3, Inflammation Score:-3, Nutrition Score:10.656087062929%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 113.26kcal (5.66%), Fat: 2.45g (3.76%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 14.86g (5.4%), Sugar: 13.5g (15%), Cholesterol: 12.25mg (4.08%), Sodium: 86.91mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.39%), Vitamin K: 68.98µg (65.69%), Vitamin C: 29.08mg (35.25%), Vitamin B3: 3.33mg (16.67%), Vitamin B6: 0.29mg (14.55%), Fiber: 3.43g (13.7%), Manganese: 0.25mg

(12.61%), Phosphorus: 103.74mg (10.37%), Potassium: 338.59mg (9.67%), Folate: 37.31µg (9.33%), Selenium: 5.61µg (8.01%), Vitamin E: 0.86mg (5.74%), Magnesium: 22.78mg (5.69%), Calcium: 55.87mg (5.59%), Vitamin B2: 0.09mg (5.32%), Iron: 0.96mg (5.32%), Copper: 0.09mg (4.43%), Vitamin B5: 0.4mg (4.02%), Vitamin B1: 0.06mg (3.83%), Zinc: 0.57mg (3.78%), Vitamin B12: 0.19µg (3.17%), Vitamin A: 109.89IU (2.2%)