



WHATSheATE



Simmered Cabbage with Beef, Shan Style



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 4 cups cabbage shredded finely (1 small head)
- ☐ 0.3 cup dry-roasted peanuts unsalted coarsely chopped
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 pound ground sirloin
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 cup plum tomato wedges thin (2 medium)
- ☐ 1 teaspoon salt
- ☐ 1 cup thinly shallots vertically sliced

☐ 1 teaspoon turmeric

Equipment

☐ frying pan

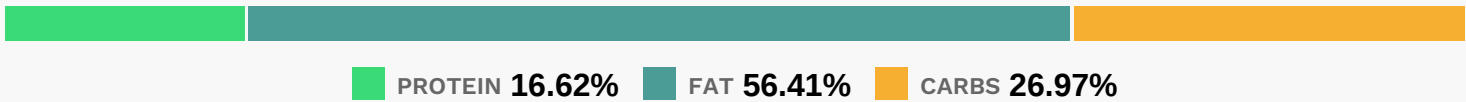
☐ wok

☐ dutch oven

Directions

- ☐ Heat a wok or Dutch oven over medium heat.
- ☐ Add peanut oil to pan, and swirl to coat.
- ☐ Add shallots, salt, turmeric, and red pepper; cook for 3 minutes or until shallots are tender, stirring frequently.
- ☐ Add beef; cook for 2 minutes or until the beef begins to brown.
- ☐ Add cabbage and tomato; toss well to combine. Reduce heat to medium-low; cover and cook for 10 minutes or until cabbage wilts. Stir in peanuts; cover and cook 10 minutes or until cabbage is tender.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:4.07, Inflammation Score:-10, Nutrition Score:16.644782602787%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 266.57kcal (13.33%), Fat: 17.56g (27.01%), Saturated Fat: 3.84g (24%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 13.28g (4.83%), Sugar: 8.49g (9.44%), Cholesterol: 19.28mg (6.43%), Sodium: 675.68mg (29.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.28%), Vitamin K: 59.03µg (56.22%), Vitamin C:

38.78mg (47%), Manganese: 0.69mg (34.36%), Vitamin B6: 0.48mg (24.13%), Fiber: 5.61g (22.44%), Folate: 76.57µg (19.14%), Vitamin B3: 3.82mg (19.08%), Potassium: 652.55mg (18.64%), Phosphorus: 165.52mg (16.55%), Magnesium: 54.23mg (13.56%), Zinc: 2.01mg (13.38%), Vitamin A: 667.69IU (13.35%), Iron: 2.3mg (12.79%), Vitamin E: 1.74mg (11.61%), Vitamin B12: 0.62µg (10.25%), Copper: 0.2mg (10.2%), Vitamin B1: 0.15mg (10.14%), Selenium: 6.36µg (9.08%), Calcium: 73.86mg (7.39%), Vitamin B5: 0.7mg (6.98%), Vitamin B2: 0.11mg (6.35%)