



HEALTH SCORE

76%

Skillet Ham, Cabbage and Potatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small head cabbage coarsely chopped
- ☐ 2 cups ham cubed cooked
- ☐ 2 tablespoons butter
- ☐ 1 onion chopped
- ☐ 1 dash paprika
- ☐ 3 large potatoes scrubbed sliced
- ☐ 1 dash seasoning salt
- ☐ 0.3 cup water

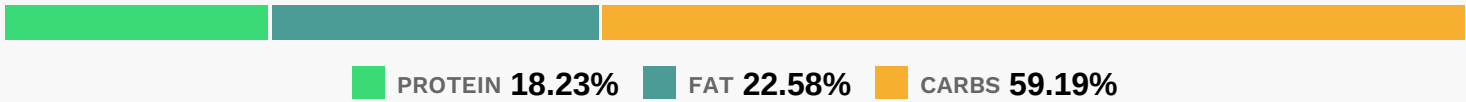
Equipment

☐ frying pan

Directions

- ☐ In a large skillet over medium heat, saute onions in the margarine. When tender add cabbage and stir.
- ☐ Pour water over, cover and simmer gently on medium low for ten minutes.
- ☐ Add potatoes and mix. Cover again and allow to simmer for ten more minutes.
- ☐ Additional water may be needed.
- ☐ Sprinkle seasoning salt and paprika over cabbage and potatoes. Allow to simmer covered for an additional 5 to 10 minutes until cabbage is soft and potatoes are nearly cooked.
- ☐ Mix ham in and finish cooking until ham is hot and potatoes are done.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:38.55, Inflammation Score:-8, Nutrition Score:30.572174030802%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 403.31kcal (20.17%), Fat: 10.4g (16%), Saturated Fat: 2.27g (14.22%), Carbohydrates: 61.35g (20.45%), Net Carbohydrates: 50.32g (18.3%), Sugar: 9.04g (10.04%), Cholesterol: 41.24mg (13.75%), Sodium: 778.87mg (33.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.89g (37.78%), Vitamin C: 135.06mg (163.71%), Vitamin K: 141.05µg (134.33%), Vitamin B6: 1.22mg (60.83%), Potassium: 1670.99mg (47.74%), Fiber: 11.03g (44.11%), Vitamin B1: 0.64mg (42.88%), Manganese: 0.77mg (38.57%), Phosphorus: 378.8mg (37.88%), Folate: 128.04µg (32.01%), Vitamin B3: 5.38mg (26.89%), Magnesium: 100.09mg (25.02%), Copper: 0.41mg (20.52%), Iron: 3.54mg (19.67%), Selenium: 12.69µg (18.13%), Vitamin B2: 0.3mg (17.93%), Vitamin B5: 1.73mg (17.31%), Zinc: 2.43mg (16.22%), Vitamin

B12: 0.8µg (13.39%), Calcium: 116.93mg (11.69%), Vitamin A: 443.72IU (8.87%), Vitamin E: 0.53mg (3.5%)