



Southern Cabbage for the Pressure Cooker

 Gluten Free  Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients

- 3 slices bacon cut into 1/2 inch pieces
- 0.3 cup butter
- 1 head cabbage cored
- 2 cups chicken broth
- 8 servings salt and ground pepper black to taste

Equipment

- pot
- pressure cooker

Directions

- Chop cabbage into 1- to 2-inch pieces.
- Cook bacon in an open 8-quart pressure cooker over medium heat until tender, 4 to 5 minutes. Do not crisp the bacon unless you just like it that way.
- Add butter and stir until melted.
- Place the chopped cabbage into the pot and pour in chicken broth.
- Add salt and black pepper to taste and toss the cabbage until coated.
- Secure the lid to your pressure cooker, place the regulator on top (depending on the type of pressure cooker you have), and turn the heat up to high. When the regulator begins to rock or the cooker reaches full pressure, lower the heat to maintain a gentle rocking motion (15 pounds per square inch). Cook for 3 minutes.
- Immediately remove the cooker from the heat and use the quick-release method recommended by your cooker's manufacturer to reduce the pressure.
- Transfer cabbage to a serving dish and serve hot.

Nutrition Facts

PROTEIN 9.55% **FAT 67.68%** **CARBS 22.77%**

Properties

Glycemic Index:15.75, Glycemic Load:1.66, Inflammation Score:-4, Nutrition Score:10.239130303912%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 117.42kcal (5.87%), Fat: 9.27g (14.26%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 4.15g (1.51%), Sugar: 3.89g (4.32%), Cholesterol: 21.87mg (7.29%), Sodium: 338.64mg (14.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin K: 86.92µg (82.78%), Vitamin C: 41.54mg (50.35%), Folate: 49.03µg (12.26%), Fiber: 2.86g (11.45%), Manganese: 0.22mg (11.11%), Vitamin B6: 0.16mg (8.16%), Vitamin B1: 0.1mg (6.99%), Potassium: 222.89mg (6.37%), Vitamin A: 293.28IU (5.87%), Vitamin B2: 0.09mg (5.26%), Calcium: 50.31mg (5.03%), Phosphorus: 45.6mg (4.56%), Magnesium: 15.51mg (3.88%), Vitamin B3: 0.73mg (3.65%), Iron: 0.62mg (3.44%), Selenium: 2.31µg (3.3%), Vitamin B5: 0.3mg (3.01%), Vitamin E: 0.39mg

(2.63%), Zinc: 0.35mg (2.34%), Copper: 0.04mg (1.76%), Vitamin B12: 0.07µg (1.08%)