



Southern Fried Cabbage with Bacon, Mushrooms, and Onions

 Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



10

CALORIES



232 kcal

SIDE DISH

Ingredients

- 1 pound bacon
- 1 large head cabbage chopped
- 8 ounce mushrooms fresh sliced
- 10 servings salt and ground pepper black to taste
- 1 large onion chopped

Equipment

- frying pan

paper towels

Directions

- Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on paper towels; crumble when cooled.
- Drain all but 3 tablespoons of bacon drippings from skillet.
- Cook and stir cabbage, onion, and mushrooms in the remaining bacon drippings until tender and lightly browned, about 20 minutes. Fold bacon into cabbage mixture. Season with salt and black pepper.

Nutrition Facts

 **PROTEIN 13.84%**  **FAT 69.23%**  **CARBS 16.93%**

Properties

Glycemic Index:13.5, Glycemic Load:2.3, Inflammation Score:-5, Nutrition Score:14.567826250325%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 231.59kcal (11.58%), Fat: 18.22g (28.04%), Saturated Fat: 6.09g (38.08%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 6.4g (2.33%), Sugar: 5.08g (5.64%), Cholesterol: 29.94mg (9.98%), Sodium: 324.5mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.4%), Vitamin K: 95.07µg (90.54%), Vitamin C: 47.26mg (57.29%), Selenium: 11.68µg (16.69%), Vitamin B6: 0.32mg (15.86%), Vitamin B1: 0.23mg (15.11%), Folate: 60.39µg (15.1%), Vitamin B3: 2.95mg (14.77%), Fiber: 3.63g (14.51%), Manganese: 0.25mg (12.37%), Phosphorus: 121.78mg (12.18%), Potassium: 397.32mg (11.35%), Vitamin B2: 0.18mg (10.71%), Vitamin B5: 0.88mg (8.76%), Copper: 0.12mg (6.1%), Magnesium: 24.13mg (6.03%), Zinc: 0.9mg (6.03%), Calcium: 56.76mg (5.68%), Iron: 0.93mg (5.15%), Vitamin B12: 0.24µg (3.93%), Vitamin A: 139.93IU (2.8%), Vitamin E: 0.39mg (2.59%), Vitamin D: 0.23µg (1.51%)