



Spam™ and Napa Cabbage



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce luncheon meat fully cooked
- ☐ 1 small head napa cabbage cut into small pieces
- ☐ 6 servings salt and pepper to taste
- ☐ 2 tablespoons soya sauce to taste
- ☐ 0.5 cup water

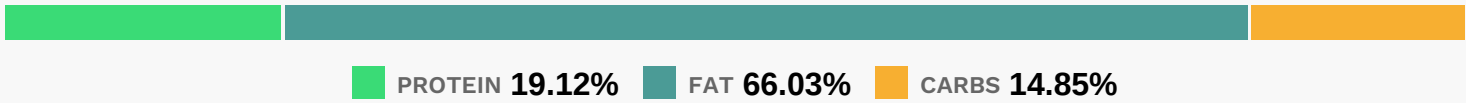
Equipment

- ☐ frying pan

Directions

- ☐ Heat a skillet over medium heat.
- ☐ Add the Spam™ and cover; fry until browned, about 10 to 15 minutes. Turn the heat to low; add the cabbage and water. Cover and steam until the cabbage is crisp tender, about 5 to 7 minutes.
- ☐ Remove the lid, and stir in the soy sauce and tomato (if using). Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:1.02, Inflammation Score:-6, Nutrition Score:14.720434758974%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 206.2kcal (10.31%), Fat: 15.39g (23.67%), Saturated Fat: 5.73g (35.81%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 5.94g (2.16%), Sugar: 2.22g (2.46%), Cholesterol: 40.26mg (13.42%), Sodium: 1342.89mg (58.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Vitamin K: 64.35µg (61.29%), Vitamin C: 40.5mg (49.09%), Folate: 121.28µg (30.32%), Vitamin B6: 0.48mg (24.18%), Selenium: 13.93µg (19.9%), Potassium: 601.66mg (17.19%), Vitamin B1: 0.24mg (16.22%), Manganese: 0.32mg (15.77%), Vitamin B3: 2.84mg (14.19%), Phosphorus: 136.92mg (13.69%), Calcium: 117.41mg (11.74%), Vitamin B2: 0.18mg (10.82%), Vitamin A: 477IU (9.54%), Zinc: 1.27mg (8.5%), Magnesium: 30.04mg (7.51%), Fiber: 1.85g (7.39%), Iron: 0.97mg (5.4%), Copper: 0.09mg (4.72%), Vitamin B12: 0.26µg (4.25%), Vitamin E: 0.42mg (2.79%), Vitamin D: 0.34µg (2.27%), Vitamin B5: 0.18mg (1.8%)