



WHATSheATE



Spicy Cajun Cabbage



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 small head cabbage shredded finely
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 small onion sliced

- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon paprika smoked

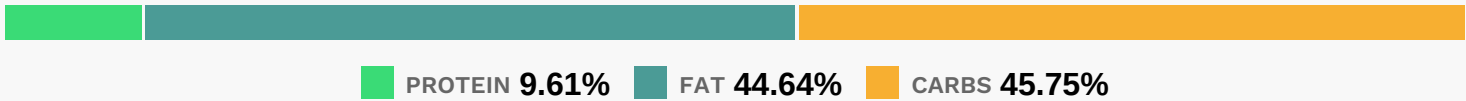
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine chili powder, thyme, smoked paprika, oregano, cayenne pepper, cumin, onion powder, and salt in a bowl.
- ☐ Melt butter in a large skillet over medium heat; cook and stir onion in hot butter until translucent, about 5 minutes.
- ☐ Add garlic and cook until soft, about 2 minutes; stir shredded cabbage into onion and garlic. Cook and stir cabbage mixture until cabbage starts to soften, about 5 more minutes.
- ☐ Stir spices into cabbage mixture and cook, stirring often, until spices are evenly mixed in and cabbage is tender, 3 more minutes.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:3.21, Inflammation Score:-9, Nutrition Score:15.692608717343%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 112.59kcal (5.63%), Fat: 6.16g (9.48%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 8.62g (3.13%), Sugar: 6.64g (7.38%), Cholesterol: 15.05mg (5.02%), Sodium: 669.07mg (29.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.97%), Vitamin K: 144.81µg (137.91%), Vitamin C: 67.74mg (82.11%), Fiber: 5.59g (22.37%), Manganese: 0.42mg (21.25%), Folate: 83.06µg (20.77%), Vitamin A: 870.14IU (17.4%), Vitamin B6: 0.31mg (15.36%), Potassium: 381.27mg (10.89%), Calcium: 100.7mg (10.07%), Iron: 1.8mg (10%), Vitamin B1: 0.13mg (8.69%), Magnesium: 29mg (7.25%), Vitamin E: 0.97mg (6.43%), Phosphorus: 63.71mg (6.37%), Vitamin B2: 0.1mg (5.81%), Vitamin B5: 0.44mg (4.44%), Copper: 0.07mg (3.32%), Zinc: 0.49mg (3.24%), Vitamin B3: 0.63mg (3.17%), Selenium: 1.25µg (1.79%)