

## Spicy Pork and Cabbage

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**10**

CALORIES



**222 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 peppercorns black
- 1 small head cabbage coarsely chopped
- 0.5 teaspoon cajun spice
- 4 tablespoons parsley fresh chopped
- 2 tablespoons garlic powder
- 1 teaspoon ground pepper black
- 1 tablespoon olive oil
- 3 pounds roasted bone-in

- 0.5 teaspoon salt
- 6 ounce tomato paste canned

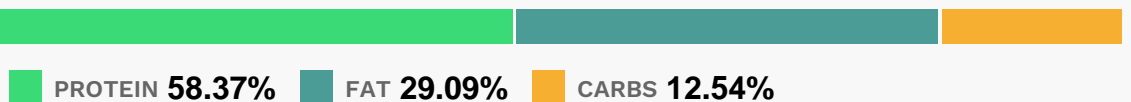
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place cabbage and olive oil in a medium bowl and toss to coat.
- Spread coated cabbage in the bottom of a 9x13 inch baking dish and top with peppercorns.
- Add water just to cover.
- In a large shallow dish or bowl combine the garlic powder, pepper, salt, parsley and Cajun spice.
- Mix together.
- Roll pork in spice mixture and place on top of cabbage.
- Bake in the preheated oven for about 45 minutes or until almost done; when done, internal temperature of pork reaches 145 degrees F (63 degrees C). Stir tomato paste into cabbage mixture and bake another 15 to 20 minutes. (Note: Baking time will vary depending on size of roast.)

## Nutrition Facts



## Properties

Glycemic Index:19.8, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:21.925217400426%

## Flavonoids

Apigenin: 3.51mg, Apigenin: 3.51mg, Apigenin: 3.51mg, Apigenin: 3.51mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.2mg, Quercetin:

0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 222.15kcal (11.11%), Fat: 7.09g (10.91%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 4.47g (1.62%), Sugar: 3.1g (3.44%), Cholesterol: 85.73mg (28.58%), Sodium: 220.26mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.02g (64.03%), Vitamin K: 82.79µg (78.85%), Vitamin B6: 1.17mg (58.61%), Selenium: 38.41µg (54.88%), Vitamin B1: 0.67mg (44.54%), Vitamin B3: 8.24mg (41.2%), Vitamin C: 29.85mg (36.18%), Phosphorus: 338.49mg (33.85%), Potassium: 714.14mg (20.4%), Zinc: 2.7mg (17.98%), Vitamin B2: 0.3mg (17.5%), Magnesium: 50.04mg (12.51%), Vitamin B5: 1.24mg (12.37%), Vitamin B12: 0.69µg (11.57%), Manganese: 0.21mg (10.54%), Fiber: 2.41g (9.64%), Folate: 36.19µg (9.05%), Iron: 1.54mg (8.55%), Copper: 0.14mg (6.95%), Vitamin A: 292.11IU (5.84%), Vitamin E: 0.75mg (5.02%), Calcium: 46.17mg (4.62%), Vitamin D: 0.54µg (3.63%)