



Spring cabbage with mustard seeds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 tbsp mustard seeds
- ☐ 1 small onion finely sliced
- ☐ 1 garlic clove crushed
- ☐ 1 tbsp ginger grated
- ☐ 500 g cabbage shredded

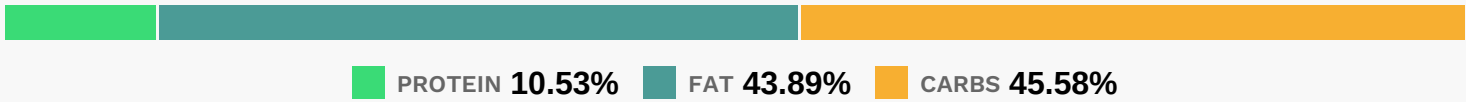
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a frying pan, then cook the mustard seeds until they are fragrant and starting to pop.
- ☐ Add the onion, garlic and ginger, then fry until golden. Tip in the cabbage and stir to coat in the spices, then cook for 5 mins until tender. Season and serve immediately.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:2.29, Inflammation Score:-5, Nutrition Score:11.54999994195%

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: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 79.71kcal (3.99%), Fat: 4.23g (6.51%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 6.22g (2.26%), Sugar: 4.89g (5.43%), Cholesterol: 0mg (0%), Sodium: 23.83mg (1.04%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Vitamin K: 97.28µg (92.64%), Vitamin C: 47.48mg (57.55%), Folate: 59.84µg (14.96%), Fiber: 3.67g (14.66%), Manganese: 0.28mg (13.88%), Vitamin B6: 0.19mg (9.72%), Potassium: 259.98mg (7.43%), Vitamin B1: 0.1mg (6.59%), Calcium: 59.89mg (5.99%), Magnesium: 23.52mg (5.88%), Selenium: 3.86µg (5.51%), Phosphorus: 52.36mg (5.24%), Vitamin E: 0.78mg (5.2%), Iron: 0.81mg (4.51%), Vitamin B2: 0.06mg (3.54%), Vitamin B5: 0.31mg (3.07%), Vitamin A: 123.41IU (2.47%), Zinc: 0.37mg (2.43%), Copper: 0.05mg (2.35%), Vitamin B3: 0.41mg (2.03%)