

Stewed Cabbage



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



217 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 medium head cabbage cut into squares
- ☐ 14.5 ounce canned tomatoes with liquid canned
- ☐ 1 stalk celery chopped
- ☐ 2 cloves garlic chopped
- ☐ 2 onions chopped
- ☐ 4 servings salt and pepper to taste

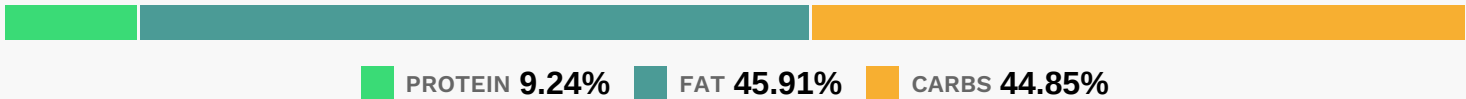
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add onion, celery, and garlic and saute for 3 to 5 minutes, or until translucent. Stir in cabbage, reduce heat to low, and simmer for 15 minutes.
- ☐ Pour in tomatoes and season with salt and pepper to taste. Cover pan and cook over medium heat for 30 to 40 minutes, or until cabbage is tender.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:6.72, Inflammation Score:-8, Nutrition Score:21.733913168959%

Flavonoids

Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg

Nutrients (% of daily need)

Calories: 216.99kcal (10.85%), Fat: 12.1g (18.62%), Saturated Fat: 7.44g (46.5%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 17.84g (6.49%), Sugar: 14.28g (15.86%), Cholesterol: 30.5mg (10.17%), Sodium: 471.98mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Vitamin K: 182.14µg (173.46%), Vitamin C: 97.38mg (118.04%), Fiber: 8.75g (35.02%), Manganese: 0.66mg (32.9%), Folate: 125.49µg (31.37%), Vitamin B6: 0.53mg (26.4%), Potassium: 802.77mg (22.94%), Vitamin A: 844.09IU (16.88%), Vitamin B1: 0.25mg (16.44%), Calcium: 148.63mg (14.86%), Iron: 2.57mg (14.27%), Magnesium: 55.06mg (13.76%), Vitamin E: 1.99mg (13.29%), Copper: 0.26mg (13.04%), Phosphorus: 115.96mg (11.6%), Vitamin B2: 0.17mg (10.07%), Vitamin B3: 1.9mg (9.5%), Vitamin B5: 0.88mg (8.84%), Zinc: 0.82mg (5.49%), Selenium: 1.97µg (2.81%)