



Stir-Fried Cabbage

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



65 kcal

SIDE DISH

Ingredients

- 6 cups cabbage chopped
- 2 cloves garlic minced
- 0.1 teaspoon ground pepper black
- 2 tablespoons onion minced
- 1 tablespoon soya sauce
- 1 tablespoon vegetable oil
- 0.5 teaspoon sugar white

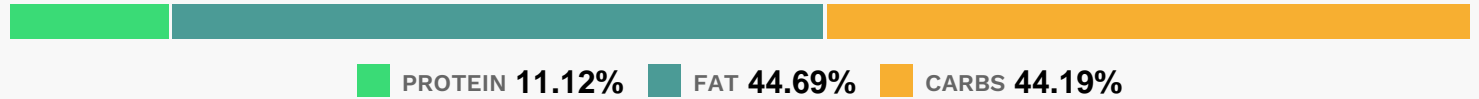
Equipment

frying pan

Directions

Heat vegetable oil in a large skillet over medium heat; cook and stir onion and garlic until tender, about 10 minutes. Cook and stir cabbage into onion mixture until slightly tender, about 5 minutes. Reduce heat to medium-low; add soy sauce, sugar, and black pepper. Cook and stir until cabbage is tender, 3 to 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:54.52, Glycemic Load:2.16, Inflammation Score:-4, Nutrition Score:9.3743476815846%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 65.32kcal (3.27%), Fat: 3.53g (5.42%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 5.05g (1.84%), Sugar: 4.16g (4.63%), Cholesterol: 0mg (0%), Sodium: 270.74mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin K: 86.2µg (82.1%), Vitamin C: 39.27mg (47.6%), Folate: 46.97µg (11.74%), Manganese: 0.23mg (11.5%), Fiber: 2.79g (11.17%), Vitamin B6: 0.16mg (8.2%), Potassium: 202.2mg (5.78%), Vitamin B1: 0.07mg (4.8%), Calcium: 47.05mg (4.7%), Magnesium: 15.38mg (3.85%), Phosphorus: 36.99mg (3.7%), Iron: 0.64mg (3.58%), Vitamin B2: 0.05mg (3.06%), Vitamin E: 0.44mg (2.92%), Vitamin B5: 0.26mg (2.55%), Vitamin B3: 0.44mg (2.2%), Vitamin A: 103.48IU (2.07%), Copper: 0.03mg (1.67%), Zinc: 0.23mg (1.57%)