



Stir-fried Cabbage



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 5 slices bacon
- ☐ 1 small head cabbage cut into 1/2-inch-thick slices (12 cups)
- ☐ 1 small bell pepper green chopped
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon lite soy sauce
- ☐ 1 teaspoon worcestershire sauce

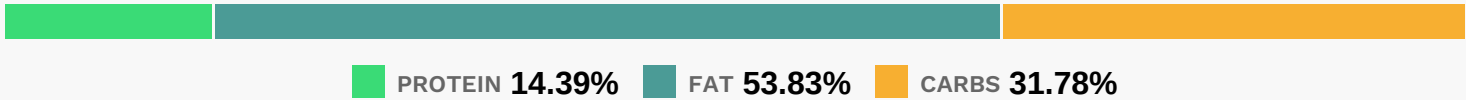
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a large skillet over medium heat until crisp; remove bacon, and drain on paper towels, reserving 3 tablespoons drippings in skillet. Crumble bacon.
- ☐ Saut cabbage, onion, and bell pepper in hot drippings over medium-high heat, 5 to 6 minutes or until cabbage is crisp-tender. Stir in soy sauce and next 3 ingredients; cook 2 minutes. Top with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:3.28, Inflammation Score:-6, Nutrition Score:17.125652116278%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 178.48kcal (8.92%), Fat: 11.16g (17.18%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 9.49g (3.45%), Sugar: 7.55g (8.39%), Cholesterol: 18.15mg (6.05%), Sodium: 777.44mg (33.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Vitamin K: 137.56µg (131.01%), Vitamin C: 82.43mg (99.92%), Fiber: 5.34g (21.38%), Folate: 84.8µg (21.2%), Manganese: 0.4mg (20.09%), Vitamin B6: 0.38mg (18.93%), Vitamin B1: 0.21mg (14.13%), Potassium: 455.35mg (13.01%), Phosphorus: 104.83mg (10.48%), Vitamin B3: 1.84mg (9.18%), Selenium: 6.26µg (8.94%), Calcium: 84.74mg (8.47%), Magnesium: 31.75mg (7.94%), Iron: 1.29mg (7.14%), Vitamin B2: 0.12mg (6.8%), Vitamin B5: 0.6mg (6.04%), Vitamin A: 256.66IU (5.13%), Zinc: 0.74mg (4.95%), Copper: 0.08mg (4.05%), Vitamin E: 0.46mg (3.09%), Vitamin B12: 0.14µg (2.29%)