



Stir Fried Cabbage and Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cabbage
- 2 medium tomatoes diced
- 2 garlic chopped
- 0.5 tsp salt
- 0.5 tsp sugar
- 1 tbsp catsup
- 2 tbsp water

Equipment

wok

Directions

Coarsely shred the cabbage and rinse well.

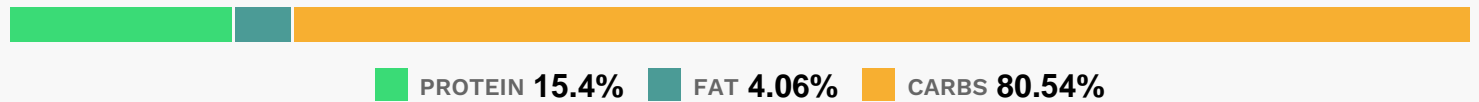
Drain and set aside.

Rinse tomatoes and dice, set aside.

Heat wok with some oil to saute the garlic. Put in the cabbage and cook until soft, add a little water if necessary.

Add diced tomatoes and seasoning with 2–3 tablespoons of water into it. Stir fry to combine and serve immediately.

Nutrition Facts



Properties

Glycemic Index:91.05, Glycemic Load:5.57, Inflammation Score:-8, Nutrition Score:19.465217391304%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Taste

Sweetness: 29.16%, Saltiness: 100%, Sourness: 62.12%, Bitterness: 48.5%, Savoriness: 55.65%, Fattiness: 29.19%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 95.99kcal (4.8%), Fat: 0.5g (0.77%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 15.08g (5.48%), Sugar: 13.39g (14.87%), Cholesterol: 0mg (0%), Sodium: 706.75mg (30.73%), Protein: 4.27g (8.53%), Vitamin K: 182.54µg (173.85%), Vitamin C: 101.22mg (122.69%), Folate: 116.92µg (29.23%), Fiber: 7.24g (28.96%), Manganese: 0.56mg (28.18%), Vitamin A: 1290.92IU (25.82%), Vitamin B6: 0.43mg (21.53%), Potassium: 713.47mg (20.38%), Vitamin B1: 0.19mg (12.73%), Calcium: 110.63mg (11.06%), Magnesium: 42.79mg (10.7%), Phosphorus: 95.34mg (9.53%), Iron: 1.49mg (8.25%), Vitamin B2: 0.13mg (7.75%), Vitamin E: 1.13mg (7.54%), Vitamin B3: 1.4mg (7.02%), Copper: 0.13mg (6.74%), Vitamin B5: 0.61mg (6.13%), Zinc: 0.67mg (4.47%), Selenium:

1.17µg (1.68%)