

Stir-Fry Cabbage

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

Ingredients

- 2 teaspoons canola oil
- 1 clove garlic minced
- 1 teaspoon ginger minced
- 1 head napa cabbage cleaned sliced
- 1 small onion sliced
- 1 tablespoon rice vinegar
- 2 teaspoons sesame oil toasted
- 2 tablespoons soya sauce

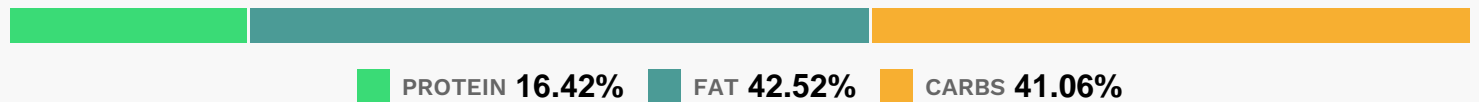
Equipment

- frying pan

Directions

- Watch how to make this recipe.
- In a large saute pan over medium-high heat, add the canola oil and heat.
- Add the onion, garlic and ginger and saute, stirring, for 1 minute.
- Add the cabbage and cook until just starting to wilt, about 2 minutes.
- Add the soy sauce and rice vinegar and stir well and cook just until cabbage is wilted, about 3 minutes.
- Remove from heat and drizzle with the sesame oil.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:17.083477953206%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 86kcal (4.3%), Fat: 4.48g (6.9%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 6.65g (2.42%), Sugar: 4.09g (4.54%), Cholesterol: 0mg (0%), Sodium: 523.96mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.79%), Vitamin K: 98.31µg (93.63%), Vitamin C: 62.3mg (75.52%), Folate: 182.77µg (45.69%), Vitamin B6: 0.57mg (28.56%), Manganese: 0.51mg (25.54%), Calcium: 180.75mg (18.08%), Potassium: 585.29mg (16.72%), Vitamin A: 715.92IU (14.32%), Fiber: 3.1g (12.38%), Magnesium: 35.04mg (8.76%), Phosphorus: 83.5mg (8.35%), Vitamin B2: 0.13mg (7.76%), Vitamin B1: 0.1mg (7%), Vitamin B3: 1.28mg (6.42%), Iron: 0.97mg (5.36%), Copper: 0.1mg (5.18%), Vitamin E: 0.65mg (4.36%), Zinc: 0.6mg (3.98%), Vitamin B5: 0.3mg (2.97%), Selenium: 1.64µg (2.34%)