



Torta de Repollo (Colombian-Style Cabbage Cake)

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 0.5 cup butter melted
- ☐ 1 large cabbage cored thinly sliced
- ☐ 0.5 pound cheese shredded white (mozzarella or queso blanco)
- ☐ 5 eggs beaten
- ☐ 0.3 cup parsley fresh
- ☐ 1 cup milk
- ☐ 8 servings salt and pepper
- ☐ 3 scallions finely chopped

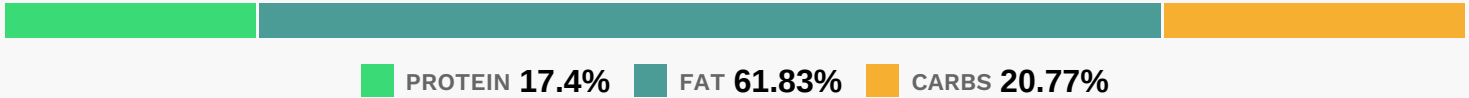
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a large sauté pan over medium heat melt the butter. When the butter is hot, add the scallions and sauté, stirring occasionally, until tender, about 5 minutes.
- ☐ Add the cabbage and cook, stirring occasionally, until tender, 15 to 20 minutes. Season with salt and pepper, transfer to a bowl.
- ☐ Add the cheese, eggs, milk, bread crumbs, parsley and season with salt and pepper.
- ☐ Transfer to a baking dish and bake for 30 minutes or until is set at 350 F.
- ☐ Serve warm with tomato sauce on the side.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:3.06, Inflammation Score:-8, Nutrition Score:20.416521829108%

Flavonoids

Apigenin: 4.16mg, Apigenin: 4.16mg, Apigenin: 4.16mg, Apigenin: 4.16mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 312.18kcal (15.61%), Fat: 21.97g (33.8%), Saturated Fat: 12.59g (78.67%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 12.22g (4.45%), Sugar: 7.4g (8.22%), Cholesterol: 158.86mg (52.95%), Sodium: 592.67mg (25.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.81%), Vitamin K: 160.89µg (153.23%), Vitamin C: 60.44mg (73.26%), Calcium: 280.19mg (28.02%), Phosphorus: 243.47mg (24.35%), Folate: 95.37µg (23.84%), Selenium: 16.18µg (23.12%), Vitamin A: 1099.79IU (22%), Vitamin B2: 0.35mg (20.46%), Vitamin B12: 1.1µg (18.39%),

Fiber: 4.38g (17.53%), Manganese: 0.34mg (16.99%), Vitamin B6: 0.28mg (14.12%), Vitamin B1: 0.2mg (13.45%), Potassium: 409.93mg (11.71%), Zinc: 1.74mg (11.58%), Iron: 1.85mg (10.29%), Vitamin B5: 0.97mg (9.7%), Magnesium: 36.38mg (9.09%), Vitamin D: 1µg (6.66%), Vitamin E: 0.97mg (6.43%), Vitamin B3: 0.95mg (4.75%), Copper: 0.08mg (3.84%)