



Wilted Cabbage with Toasted Cumin

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



55 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon cumin seeds
- 2 teaspoons olive oil
- 0.5 teaspoon salt
- 2 pounds savoy cabbage coarsely chopped
- 1 tablespoon sherry vinegar
- 0.5 cup water

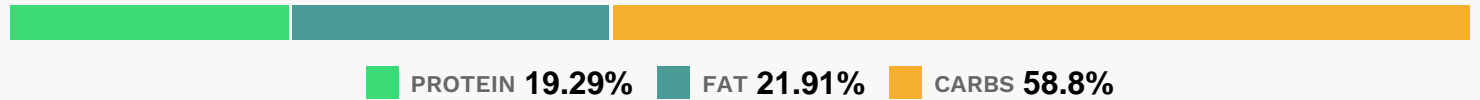
Equipment

- frying pan
- dutch oven

Directions

- Heat the olive oil in a Dutch oven over medium heat.
- Add cabbage and water; cook 6 minutes or until cabbage wilts, stirring occasionally. Stir in salt and black pepper.
- Place cumin seeds in a small nonstick skillet; cook over medium heat 1 minute or until seeds are toasted and fragrant, shaking pan frequently.
- Add the toasted cumin seeds and vinegar to cabbage; cook 6 minutes or until tender, stirring mixture occasionally.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:14.431304454803%

Flavonoids

Apigenin: 1.04mg, Apigenin: 1.04mg, Apigenin: 1.04mg, Apigenin: 1.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 54.54kcal (2.73%), Fat: 1.56g (2.4%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 4.69g (1.7%), Sugar: 3.44g (3.82%), Cholesterol: 0mg (0%), Sodium: 237.91mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Vitamin K: 104.98µg (99.98%), Vitamin C: 46.91mg (56.86%), Vitamin A: 1516.66IU (30.33%), Folate: 121.01µg (30.25%), Fiber: 4.74g (18.97%), Manganese: 0.3mg (14.78%), Vitamin B6: 0.29mg (14.45%), Magnesium: 44mg (11%), Potassium: 355.85mg (10.17%), Vitamin B1: 0.11mg (7.2%), Phosphorus: 65.5mg (6.55%), Calcium: 57.27mg (5.73%), Copper: 0.1mg (5.06%), Iron: 0.85mg (4.75%), Vitamin E: 0.46mg (3.07%), Zinc: 0.43mg (2.86%), Vitamin B5: 0.28mg (2.84%), Vitamin B2: 0.05mg (2.74%), Vitamin B3: 0.47mg (2.35%), Selenium: 1.38µg (1.98%)