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Frizzled Cabbage ♦

Frizzled cabbage is a delicious and nutritious dish that can be enjoyed as a side or main course. It is made by sautéing thinly sliced cabbage until it becomes crispy and caramelized. This dish is popular in many cuisines and can be served with a variety of toppings and seasonings. Frizzled cabbage is a great way to incorporate more vegetables into your diet and is perfect for vegetarians and vegans.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	cabbage
2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper

0.5 tsp garlic powder

Directions

Step 1

Cut

Slice the cabbage into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Heating

Heat olive oil in a large skillet over medium heat.

Prep Time: 0 mins

Cook Time: 1 mins

Step 3

Sautéing

Add the cabbage to the skillet and sauté for 10-12 minutes, or until it becomes crispy and caramelized.

Prep Time: 0 mins

Cook Time: 12 mins

Step 4

Seasoning

Season with salt, black pepper, and garlic powder.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Serving

Serve hot as a side dish or main course.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 6 g

Protein: 3 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Cuisines

Italian

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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