



Healthdor

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## Haluski

Haluski is a traditional Polish dish made with egg noodles, cabbage, and butter. It is a hearty and comforting dish that is often served as a main course. The dish originated in Eastern Europe and has since become popular in many other countries. Haluski is typically consumed during the colder months and is often enjoyed with a side of sour cream or grated cheese.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	egg noodles
500 g	cabbage
50 g	Butter
1 tsp	Salt

0.5 tsp Pepper

## Directions

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### Step 1

Boiling

Cook the egg noodles according to package instructions. Drain and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Sautéing

In a large skillet, melt the butter over medium heat. Add the cabbage and sauté until tender, about 10 minutes.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Sautéing

Add the cooked egg noodles to the skillet with the cabbage. Season with salt and pepper. Cook for an additional 5 minutes, stirring occasionally.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

## Step 4

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 8 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	2 mcg	83.33%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring Fall

### Events

Christmas Barbecue

### Cuisines

Italian Middle Eastern

### Nutritional Content

Low Calorie

High Protein

Low Carb

High Fiber

Low Sodium

### Kitchen Tools

Blender

### Course

Side Dishes

Sauces & Dressings

### Cultural

Chinese New Year

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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