Sautéed Cabbage
Home Recipe

Serves: 4
Prep Time: 15 minutes
Cook Time: 30 Minutes

Ingredients
- 1 small head of white cabbage, including outer green leaves (2 ½ lbs)
- 2 Tbsp unsalted butter
- 1 ½ tsp kosher salt
- ½ tsp freshly ground black pepper

Nutrients Per 1 Cup Serving
- Calories 80
- Total Fat 4 g
  - Saturated Fat 2.5 g
- Cholesterol 10 mg
- Sodium 510 mg
- Carbohydrates 11 g
  - Dietary Fiber 5 g
- Protein 2 g
- Calcium 78 mg
- Vitamin K 1 mg (200% DV*)
- Vitamin C 56 mg (93% DV*)
- Potassium 325 mg

Cooking Instructions
1) Cut the cabbage in half and, with the cut-side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core.

2) Melt the butter in a large sauté pan or heavy-bottomed pot over medium-high heat.

3) Add the cabbage, salt, and pepper and sauté for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season to taste, and serve warm.

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.