

SPICED CABBAGE

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention
[http://apps.nccd.cdc.gov/dnparecipe/recipe/recipe.aspx](http://apps.nccd.cdc.gov/dnparecipe/recipe/recipe/recipe.aspx)

Ingredients

- ½ medium head of cabbage
- 1 small onion (or half a medium one)
- 1 hot green chili pepper
- 2 tsp. coconut
- ½ tsp. tumeric powder
- 2 cm piece of fresh ginger root

Instructions

1. Shred the cabbage very finely and chop into small pieces.
2. Finely chop the onion, chili and ginger.
3. Spray frying pan with spray oil.
4. Add the onion, ginger and chili.
5. Fry for 30 seconds then add the cabbage and turmeric. Fry at a high temperature for about ten minutes stirring constantly.
6. Remove the pan from the heat and stir in the coconut.

This dish can be served on it's own but can also accompany many different rice dishes.

Makes 4 servings (1 cup per serving)

Nutritional information per serving (4 servings)

Calories: 50	Dietary fiber: 3g
Calories from fat: 10	Sugars: 5g
Total fat: 2g	Protein: 2g
Saturated fat: 1g	Vitamin A: 6%
Trans fat: 0g	Vitamin C: 110%
Cholesterol: 0 g	Calcium: 6%
Sodium: 20mg	Iron: 6%
Total carbohydrate: 10g	

Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Fruit: 0
Vegetables: 2
Meat: 0
Milk: 0
Fat: 0
Carbs: 0
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

