

# Sautéed White Cabbage

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-white-cabbage-recipe>

## Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 small onion sliced
- 1/2 white cabbage shredded
- 1/3 cup apple cider vinegar
- 1 teaspoon mustard seed
- salt
- pepper

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 8 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 220 milligrams

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