

# Boiled Cabbage

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/new-years-boiled-cabbage-recipe>

## Ingredients:

- 1 head cabbage
- 1/2 teaspoon salt or to taste
- 4 tablespoons butter melted
- 1/4 teaspoon black pepper or to taste
- 1/4 teaspoon red pepper flakes
- 1 tablespoon fresh chopped parsley
- 4 lemon wedges

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 20 milligrams
4. Fat: 8 grams
5. Fiber: 7 grams
6. Protein: 2 grams
7. SaturatedFat: 5 grams
8. Sodium: 280 milligrams

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