

# Polish Cabbage and Noodles (Lazanki)

Yield: 2 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-cabbage-and-noodle-recipe>

## Ingredients:

- 1 onion small, chopped
- 2 cups cabbage sliced into 2" strips
- 1 cup sauerkraut drained
- 4 ounces mushrooms drained
- 1 teaspoon caraway seeds
- 1/4 cup water
- 1 bay leaf large
- 1/2 teaspoon thyme
- 1/4 teaspoon oregano
- 1/2 teaspoon paprika
- 1/8 teaspoon pepper
- 3/4 teaspoon salt
- 6 ounces noodles dry, small, egg noodles are closest to traditional
- 1/4 cup light sour cream

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 80 milligrams
4. Fat: 7 grams
5. Fiber: 9 grams
6. Protein: 17 grams
7. SaturatedFat: 3 grams
8. Sodium: 1160 milligrams
9. Sugar: 7 grams

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