

Marinated Cabbage

Frances Beck

Gourmet Eating in South Carolina - (1985)

1 medium cabbage
1 small onion
1 small green pepper
1 cup sugar

MARINADE

1 cup vinegar
3/4 cup oil
1 tablespoon salt
1 teaspoon dry mustard
1 teaspoon celery seed

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In a bowl, shred the cabbage. Cut up the onion and green pepper.

Sprinkle sugar on top. Mix.

Prepare the marinade: Mix the vinegar, oil, salt, dry mustard and celery seed in a saucepan. Bring to a boil.

Pour the marinade over the cabbage. Let set overnight.

Keep in a tightly closed container. (Keeps very well for a week.)

Refrigerate.

Per Serving (excluding unknown items): 2364 Calories; 165g Fat (60.6% calories from fat); 4g Protein; 237g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 6425mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 33 Fat; 14 1/2 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	2364	Vitamin B6 (mg):	.5mg
% Calories from Fat:	60.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	38.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	165g	Folacin (mcg):	86mcg
Saturated Fat (g):	19g	Niacin (mg):	1mg
Monounsaturated Fat (g):	97g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	35g	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	237g
Dietary Fiber (g):	6g
Protein (g):	4g
Sodium (mg):	6425mg
Potassium (mg):	891mg
Calcium (mg):	176mg
Iron (mg):	4mg
Zinc (mg):	1mg
Vitamin C (mg):	142mg
Vitamin A (i.u.):	877IU
Vitamin A (r.e.):	87RE

% Refused: 0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	3 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	33
Other Carbohydrates:	14 1/2

Nutrition Facts

Amount Per Serving

Calories 2364 **Calories from Fat:** 1433

% Daily Values*

Total Fat	165g	254%
Saturated Fat	19g	95%
Cholesterol	0mg	0%
Sodium	6425mg	268%
Total Carbohydrates	237g	79%
Dietary Fiber	6g	26%
Protein	4g	
Vitamin A		18%
Vitamin C		237%
Calcium		18%
Iron		22%

* Percent Daily Values are based on a 2000 calorie diet.