

Roasted Red Cabbage

Serves 8

Ingredients

1 – 1 1/2 pounds red cabbage, cored and roughly cut into wedges/pieces

1 tablespoon coconut oil

½ teaspoon garlic powder

½ teaspoon salt

¼ teaspoon freshly ground black pepper

Instructions

- 1 Preheat oven to 450 degrees.
- 2 Yield: 8 servings (serving size: ½ cup)
- 3 Place cabbage in a large bowl. Add coconut oil, and stir well. Sprinkle in garlic powder, salt, and pepper. Stir again.
- 4 Arrange cabbage pieces in a single layer on an 11 x 17-inch baking sheet. Roast for 15 minutes. Flip cabbage, and roast until tender and the edges are browned, about 10-15 minutes more. Serve.

Notes

Nutrition Facts

Calories per serving: 37

Carbohydrates: 5

Fat: 2

Protein: 1

Fiber: 2

Sugar: 2

ultimate daniel fast <https://ultimatedanielfast.com/>