SPANISH · SIDE

Spanish Garlic and Paprika Cabbage

Repollo con ajo y pimentón

20 min · Serves 4 · 167 kcal a serve · Video 6:43 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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Just 7 g net carbs a serve: blanched cabbage tossed with a whole head of sliced garlic, chilli flakes, smoked paprika and white wine vinegar in olive oil. No sugar, flour or dairy.

Diet notes: Keto (7.1 g net carbs a serve).

Ingredients 8 · SERVES 4

- [ ] 450 g **green cabbage** (half a head), cored and sliced 1 cm thick
- [ ] 60 ml extra **virgin olive oil**
- [ ] 1 head **garlic**, cloves peeled and thinly sliced
- [ ] ¼ tsp **crushed red pepper**
- [ ] 1 tbsp (15 ml) **white wine vinegar**
- [ ] 2 tsp **sweet smoked Spanish paprika**, plus a little to garnish
- [ ] **sea salt** to taste (plus salt for the cooking water) and black pepper
- [ ] chopped **chives**, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Fill a stockpot a little over halfway with water, salt it generously and bring it to a boil over high heat. 0:49
2. Pull off the tough outer leaves, cut the half cabbage in two, cut out the core and slice it 1 cm thick. Rinse it. 1:07
3. Boil the cabbage, covered, over low heat for 3–4 minutes, just until tender, then drain and rinse under cold water. 1:57
4. Heat 60 ml olive oil in the same pot over medium heat and sauté the sliced garlic and crushed red pepper 1–2 minutes, stirring, until fragrant. 2:41
5. Stir in the vinegar and paprika quickly, add the cabbage, season with salt and pepper and toss 2–3 minutes until heated through. Finish with a pinch of paprika and chives. 3:44

> **Tip** Use the whole head of garlic: it's what makes the dish, and it mellows as it sizzles.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
167 kcal	2.3 g	11 g	3.5 g	14 g	410 mg
700 kJ	5% of a day	7.1 g net · 3.9 g sugars	13% of a day	1.9 g saturated	18% of a day
		4% of a day		18% of a day	

Energy from net carbs 17% · protein 6% · fat 77% — fits keto: 7.1 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Vitamin K 80% · Vitamin C 50%

Source of (10–19%) Vitamin E 17% · Vitamin B6 17% · Folate 13%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=xc7t4FH4KZA. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/repollo-con-ajo-y-pimenton