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METABOLIC NUTRITION PROGRAM

Grilled Napa Cabbage with Chinese Mustard Glaze and Scallions

Adapted from marthastewart.com

Servings Per Recipe: 6
Per Serving: 70 Calories, 2.1 gm Protein, 2.5 gm Fat, 9 gm Carbohydrates

- 3 Tablespoons hot Chinese mustard
- 1 Tablespoon agave nectar
- 1 Tablespoon extra virgin olive oil
- ¼ teaspoon garlic, finely grated
- 2 Tablespoons fresh basil leaves, chopped
- 2 small heads napa cabbage (about 2 pounds total)
- 1 large bunch scallions, roots trimmed (if scallions are thick, cut them in half lengthwise)

Directions

1. Heat grill to high. Mix together mustard, agave nectar, 1 teaspoon oil, the garlic and basil. Cut cabbage lengthwise into quarters, leaving the core intact. Brush cabbage and scallions with remaining 2 teaspoons oil.
2. Grill cabbage, flat side down, 3 minutes. Flip, and continue to grill until charred. Remove from grill. Add scallions to grill, and cook until partially charred, flipping halfway through cooking, about 2 minutes total.
3. Brush cabbage and scallions on all sides with mustard glaze. Cut scallions lengthwise into thirds. Arrange cabbage on a platter, and top with scallions.

Nutrition Facts

Serving Size (170g)
Servings Per Container 6

Amount Per Serving

Calories 70 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 2g

Vitamin A 40% • Vitamin C 70%

Calcium 8% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4