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## METABOLIC NUTRITION PROGRAM

### Roasted Mixed Cabbages – 8 Servings

Adapted from Martha Stewart Living

Per Serving: 109 Calories, 3.0 gm Protein, 4.6 gm Fat, 15 gm Carbohydrates

2 lbs red cabbage (from 2 heads), cored and cut into ¾-inch-thick wedges  
2 lbs green cabbage, cored and cut into ¾-inch-thick wedges  
6 thyme sprigs (about 1 tsp)  
2.5 tbsp extra virgin olive oil  
Kosher salt and black pepper, to taste

#### Directions

1. Preheat oven to 425°F.
2. Toss cabbages with thyme and oil.
3. Sprinkle with salt and pepper.
4. Roast cabbages on 2 rimmed baking sheets, tossing every 15 minutes, until tender and slightly charred, about 1 hour 15 minutes. Divide into 8 equal servings.

<b>Nutrition Facts</b>	
Serving Size (232g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 8g	
<b>Protein</b> 3g	
Vitamin A 25%	• Vitamin C 200%
Calcium 10%	• Iron 8%
*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	