

# Low-Carb Butter Braised Cabbage with Crispy Ham

Hands-on 10 minutes Overall 2 hours 15 minutes

Nutritional values (per serving, about 1 cup): Total carbs: 8.7 g, Fiber: 3.8 g, **Net carbs: 5 g**,

Protein: 8.2 g, Fat: 48.4 g, Calories: 489 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

1/2 head white or green cabbage (600 g/ 1.3 lb)

2 sticks unsalted butter (225 g/ 8 oz)

sea salt, to taste

black pepper, to taste

6 slices prosciutto di Parma (90 g/ 3.2 oz)

## Instructions

1. Slice cabbage and place it in a dutch oven or large saucepan.
2. Chop butter into chunks and sit on top of cabbage.
3. Put lid on pot and cook on **low** for about 2 hours, stirring every 15-20 minutes to prevent burning. **Do not put water in.**
4. Heat oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). Place prosciutto on a rack over an oven tray and cook for 10-15 minutes until crispy.
5. Cool, then crumble roughly into a container.
6. Once cabbage is finished, serve with a healthy grind of black pepper and crumbled prosciutto on top.
7. Store in a container in the refrigerator for up to 4 days.

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