



Beefy Cabbage Stew

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans canned
- 15 ounce pinto beans canned
- 14.5 ounce canned tomatoes diced italian-style canned
- 16 ounce coleslaw mix
- 1 pound extra-lean ground beef
- 1 teaspoon penzey's southwest seasoning greek-style
- 11.5 ounce sacramento tomato juice canned
- 1.5 cups water

15 ounce kernel corn whole drained canned

Equipment

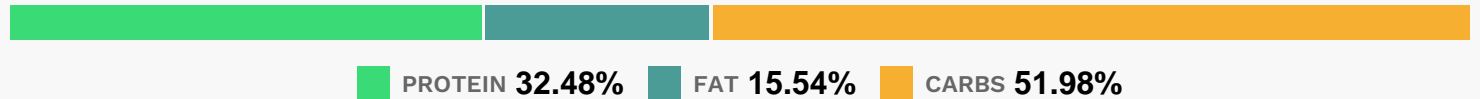
pot

Directions

In a large pot over medium heat, cook beef until brown; drain.

Return meat to pot with pinto beans, kidney beans, diced tomatoes with green chiles, Italian-style diced tomatoes, tomato juice, water, coleslaw mix and Greek seasoning. Simmer over low heat 1 hour.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:7.88, Inflammation Score:-6, Nutrition Score:20.877826084261%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 248.95kcal (12.45%), Fat: 4.43g (6.81%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 24.61g (8.95%), Sugar: 7.42g (8.24%), Cholesterol: 35.15mg (11.72%), Sodium: 536.8mg (23.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.81g (41.62%), Vitamin K: 55.27µg (52.64%), Vitamin C: 30.94mg (37.51%), Fiber: 8.69g (34.77%), Manganese: 0.65mg (32.46%), Phosphorus: 284.44mg (28.44%), Zinc: 4.03mg (26.89%), Potassium: 916.86mg (26.2%), Vitamin B3: 5.22mg (26.11%), Vitamin B6: 0.52mg (25.95%), Iron: 4.6mg (25.57%), Vitamin B12: 1.27µg (21.17%), Copper: 0.41mg (20.74%), Folate: 82.65µg (20.66%), Magnesium: 79.15mg (19.79%), Selenium: 11.2µg (16%), Vitamin B1: 0.22mg (14.67%), Vitamin B2: 0.22mg (12.78%), Vitamin E: 1.82mg (12.14%), Calcium: 111.74mg (11.17%), Vitamin B5: 0.89mg (8.87%), Vitamin A: 264.14IU (5.28%)