



Cabbage-Rice Casserole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup rice white uncooked
- ☐ 2 tablespoons brown sugar
- ☐ 6 cups cabbage finely chopped
- ☐ 2 tablespoons cider vinegar
- ☐ 0.3 cup currants
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion diced
- ☐ 0.3 teaspoon salt

- ☐ 1 cup tomatoes chopped
- ☐ 3 cups water

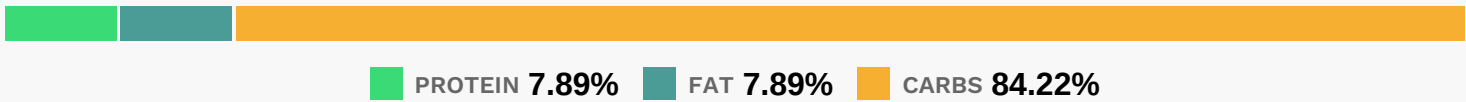
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add cabbage and onion; saut 1 minute.
- ☐ Add water and next 4 ingredients (water through salt); bring to boil.
- ☐ Add rice and currants; spoon into an 11 x 7-inch baking dish. Cover and bake at 350 for 50 minutes or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:39.2, Glycemic Load:17.77, Inflammation Score:-5, Nutrition Score:10.138695644296%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 190.62kcal (9.53%), Fat: 1.7g (2.61%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 37.59g (13.67%), Sugar: 11.7g (13%), Cholesterol: 0mg (0%), Sodium: 123.24mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Vitamin K: 56.3µg (53.62%), Vitamin C: 31.28mg (37.91%),

Manganese: 0.55mg (27.68%), Fiber: 3.17g (12.66%), Folate: 42µg (10.5%), Vitamin B6: 0.21mg (10.43%), Potassium: 307.87mg (8.8%), Phosphorus: 73.85mg (7.39%), Selenium: 5.09µg (7.28%), Copper: 0.15mg (7.27%), Magnesium: 25.46mg (6.37%), Vitamin B1: 0.1mg (6.36%), Calcium: 57.82mg (5.78%), Vitamin A: 280.38IU (5.61%), Vitamin B5: 0.52mg (5.24%), Iron: 0.86mg (4.77%), Vitamin B3: 0.94mg (4.69%), Zinc: 0.59mg (3.91%), Vitamin B2: 0.06mg (3.74%), Vitamin E: 0.48mg (3.18%)