



Cabbage Roll Casserole



Gluten Free



Dairy Free



Popular

READY IN



100 min.

SERVINGS



12

CALORIES



308 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3.5 pounds cabbage chopped
- ☐ 28 ounce beef broth canned
- ☐ 29 ounce tomato sauce canned
- ☐ 2 pounds ground beef
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup rice white uncooked

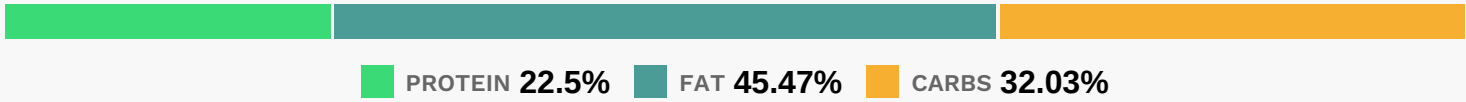
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet, brown beef in oil over medium high heat until redness is gone.
- ☐ Drain off fat.
- ☐ In a large mixing bowl combine the onion, tomato sauce, cabbage, rice and salt.
- ☐ Add meat and mix all together.
- ☐ Pour mixture into a 9x13 inch baking dish.
- ☐ Pour broth over meat mixture and bake in the preheated oven, covered, for 1 hour. Stir, replace cover and bake for another 30 minutes.

Nutrition Facts



Properties

Glycemic Index:14.77, Glycemic Load:10.79, Inflammation Score:-6, Nutrition Score:21.368695342022%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 307.77kcal (15.39%), Fat: 15.72g (24.18%), Saturated Fat: 5.98g (37.37%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 20.15g (7.33%), Sugar: 7.26g (8.06%), Cholesterol: 53.68mg (17.89%), Sodium: 840.38mg (36.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.5g (34.99%), Vitamin K: 103.89µg (98.95%), Vitamin C: 54.2mg (65.7%), Vitamin B12: 1.66µg (27.74%), Vitamin B6: 0.52mg (26.16%), Zinc: 3.74mg (24.93%), Vitamin B3: 4.96mg (24.81%), Manganese: 0.48mg (24.23%), Selenium: 15.01µg (21.44%), Phosphorus: 202.54mg (20.25%), Potassium: 705.46mg (20.16%), Fiber: 4.76g (19.05%), Folate: 73.44µg (18.36%), Iron: 3.01mg (16.73%),

Vitamin B2: 0.23mg (13.79%), Magnesium: 45.52mg (11.38%), Vitamin B5: 1.06mg (10.58%), Vitamin E: 1.51mg (10.1%),
Vitamin B1: 0.15mg (9.86%), Copper: 0.19mg (9.47%), Calcium: 87.59mg (8.76%), Vitamin A: 426.57IU (8.53%)