



Cabbage Roll Casserole



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 cups coleslaw mix
- ☐ 1 pound ground beef
- ☐ 0.5 cup rice instant uncooked
- ☐ 0.5 cup onion chopped
- ☐ 2 teaspoons paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 15 ounces tomato sauce italian-style canned

☐ 0.3 cup water

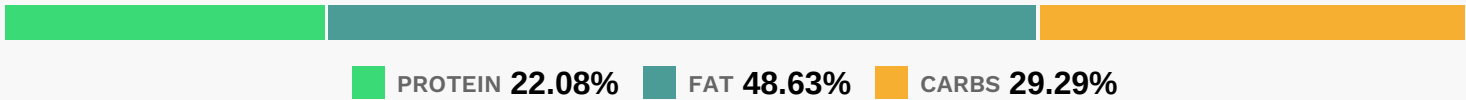
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Cook beef and onion in 10-inch skillet over medium heat, stirring occasionally, until beef is brown; drain.
- ☐ Mix beef mixture and remaining ingredients in 3 1/2- to 6-quart slow cooker. (Cooker will be very full, but cabbage will cook down.)
- ☐ Cover and cook on low heat setting 4 to 6 hours or until cabbage is tender.

Nutrition Facts



Properties

Glycemic Index:37.36, Glycemic Load:9.79, Inflammation Score:-6, Nutrition Score:15.806521747423%

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 Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 287.31kcal (14.37%), Fat: 15.59g (23.99%), Saturated Fat: 5.9g (36.86%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 17.93g (6.52%), Sugar: 5.04g (5.6%), Cholesterol: 53.68mg (17.89%), Sodium: 593.15mg (25.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.85%), Vitamin K: 48.42µg (46.11%), Vitamin C: 27.3mg (33.1%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.64mg (24.29%), Vitamin B6: 0.44mg (22.09%), Vitamin B3: 4.36mg (21.82%), Selenium: 14.38µg (20.54%), Manganese: 0.38mg (19.17%), Phosphorus: 177.57mg (17.76%), Potassium: 567.32mg (16.21%), Iron: 2.72mg (15.13%), Vitamin A: 693.13IU (13.86%), Fiber: 3.2g (12.81%), Vitamin B2: 0.2mg (11.81%), Vitamin E: 1.63mg (10.88%), Folate: 40.86µg (10.22%), Magnesium: 37.1mg (9.28%), Copper: 0.19mg (9.27%), Vitamin B5: 0.91mg (9.13%), Vitamin B1: 0.1mg (6.95%), Calcium: 56.56mg (5.66%)