

Cabbage Roll Soup



Gluten Free



Dairy Free



Popular

READY IN



70 min.

SERVINGS



6

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pounds cabbage cut into bite-size pieces
- 1 pound ground beef
- 6 servings salt and ground pepper black to taste
- 1 onion chopped
- 20 ounce pasta sauce ragu® (such as)
- 1 dash pepper sauce hot
- 1.5 cups converted rice long-grain white
- 10 ounce all natural tomato soup canned

2 cups water

Equipment

frying pan

sauce pan

pot

Directions

Bring converted rice and 3 cups water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.

Heat a large soup pot over medium-high heat. Cook and stir beef in the hot pan until browned and crumbly, 5 to 7 minutes; drain and discard grease.

Stir 2 cups water, cooked rice, pasta sauce, tomato soup, cabbage, onion, salt, black pepper, and hot sauce into beef. Bring soup to a boil, reduce heat to medium-low, and cover. Simmer until cabbage is soft and tender, 20 to 30 minutes.

Nutrition Facts



PROTEIN 18.06% **FAT 30.08%** **CARBS 51.86%**

Properties

Glycemic Index:41.2, Glycemic Load:29.08, Inflammation Score:-8, Nutrition Score:31.648260862931%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 472.37kcal (23.62%), Fat: 16.13g (24.81%), Saturated Fat: 6.04g (37.75%), Carbohydrates: 62.56g (20.85%), Net Carbohydrates: 52.69g (19.16%), Sugar: 14.74g (16.38%), Cholesterol: 53.68mg (17.89%), Sodium: 616.02mg (26.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.79g (43.57%), Vitamin K: 207.89µg (197.99%), Vitamin C: 109.17mg (132.33%), Manganese: 1.16mg (57.91%), Vitamin B6: 0.83mg (41.7%), Fiber: 9.87g (39.47%), Folate: 140.92µg (35.23%), Potassium: 1154.34mg (32.98%), Vitamin B3: 6.09mg (30.46%), Zinc: 4.52mg

(30.11%), Phosphorus: 287.54mg (28.75%), Selenium: 20.06µg (28.66%), Vitamin B12: 1.62µg (26.96%), Iron: 4.65mg (25.83%), Copper: 0.41mg (20.72%), Magnesium: 82.58mg (20.65%), Vitamin B1: 0.29mg (19.53%), Vitamin B2: 0.33mg (19.5%), Vitamin B5: 1.86mg (18.57%), Vitamin E: 2.71mg (18.09%), Calcium: 168.72mg (16.87%), Vitamin A: 771.01IU (15.42%)