



Easy Cabbage Roll Casserole



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



8

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 4 cups cabbage shredded
- ☐ 14 ounce tomato sauce canned
- ☐ 1 clove garlic minced
- ☐ 1.5 pounds ground beef
- ☐ 1 pinch ground pepper black
- ☐ 2 onions chopped
- ☐ 1 teaspoon salt

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup water
- ☐ 0.5 cup rice white

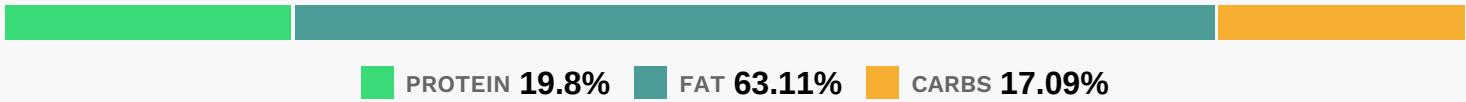
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease an 8x12-inch baking dish.
- ☐ Heat vegetable oil in a large skillet over medium-high heat; cook and stir ground beef until crumbly, evenly browned, and no longer pink, 8 to 10 minutes.
- ☐ Drain and discard any excess grease. Stir in onions, water, tomato sauce, garlic, salt and black pepper; bring to a simmer.
- ☐ Add rice, cover, and cook for 10 minutes.
- ☐ Spread half the shredded cabbage in prepared baking dish; cover with half the beef mixture. Repeat layers. Arrange bacon over final layer of beef. Cover baking dish with aluminum foil.
- ☐ Bake in preheated oven until bacon is crisp and cabbage is tender, about 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:29.9, Glycemic Load:7.53, Inflammation Score:-5, Nutrition Score:14.891304321911%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg,

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Nutrients (% of daily need)

Calories: 397.24kcal (19.86%), Fat: 27.73g (42.66%), Saturated Fat: 9.78g (61.1%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 14.64g (5.32%), Sugar: 4.07g (4.52%), Cholesterol: 74.9mg (24.97%), Sodium: 737.99mg (32.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.57g (39.15%), Vitamin B12: 1.93µg (32.17%), Vitamin K: 32.79µg (31.23%), Selenium: 19.52µg (27.89%), Zinc: 4.17mg (27.79%), Vitamin B3: 5.27mg (26.37%), Vitamin B6: 0.48mg (24.09%), Vitamin C: 18.43mg (22.35%), Phosphorus: 210.42mg (21.04%), Potassium: 535.21mg (15.29%), Manganese: 0.29mg (14.49%), Iron: 2.54mg (14.12%), Vitamin B2: 0.2mg (11.97%), Vitamin B1: 0.15mg (10.14%), Vitamin B5: 0.93mg (9.3%), Vitamin E: 1.37mg (9.12%), Fiber: 2.25g (8.99%), Magnesium: 34.8mg (8.7%), Copper: 0.17mg (8.36%), Folate: 31.63µg (7.91%), Vitamin A: 257.91IU (5.16%), Calcium: 48.72mg (4.87%), Vitamin D: 0.17µg (1.15%)