



Easy Layered Cabbage Casserole

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



35

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups cabbage shredded (1 large head)
- 20 oz condensed tomato soup reduced-sodium canned
- 1 lb extra-lean ground beef
- 2 cups brown rice instant uncooked
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 onions chopped
- 2.7 cups water

Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Cook and stir cabbage and onions in dressing in large skillet on medium heat 5 to 10 min. or until tender.
- Remove from skillet.
- Brown meat in same skillet. Stir in rice, soup and water until blended.
- Layer 1/3 of the cabbage mixture and half the meat mixture in 13x9-inch baking dish sprayed with cooking spray. Repeat layers; top with remaining cabbage mixture. Cover.
- Bake 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.07, Glycemic Load:1.2, Inflammation Score:-2, Nutrition Score:4.1330434796603%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 57.66kcal (2.88%), Fat: 1.14g (1.76%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.45g (2.71%), Sugar: 2.3g (2.55%), Cholesterol: 8.04mg (2.68%), Sodium: 90.82mg (3.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.35%), Vitamin K: 13.69µg (13.04%), Vitamin C: 8.42mg (10.2%), Selenium: 4.68µg (6.69%), Vitamin B3: 1.24mg (6.21%), Folate: 22.24µg (5.56%), Zinc: 0.8mg (5.34%), Manganese: 0.11mg (5.31%), Potassium: 175mg (5%), Vitamin B6: 0.1mg (4.96%), Vitamin B12: 0.29µg (4.84%), Vitamin B1: 0.07mg (4.71%), Iron: 0.81mg (4.48%), Phosphorus: 42.72mg (4.27%), Fiber: 0.78g (3.11%), Magnesium: 8.62mg (2.15%), Vitamin B2: 0.03mg (1.93%), Copper: 0.04mg (1.77%), Vitamin A: 79.91IU (1.6%), Vitamin B5: 0.15mg (1.46%), Calcium: 12.96mg (1.3%), Vitamin E: 0.16mg (1.04%)