



Ground Beef and Cabbage

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large head cabbage finely chopped
- 14.5 ounce canned tomatoes diced with juice canned
- 6 servings salt and ground pepper black to taste
- 1 tablespoon penzey's southwest seasoning italian
- 1 pound ground beef lean
- 1 onion halved thinly sliced

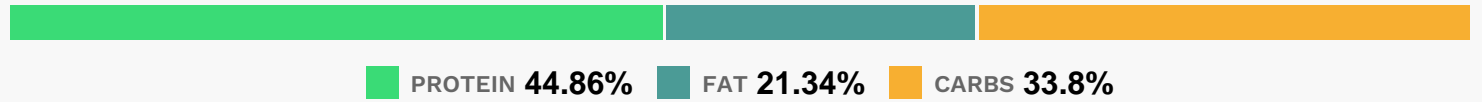
Equipment

- pot

Directions

- Combine cabbage, tomatoes with juice, onion, Italian seasoning, salt, and black pepper in a large pot over low heat. Bring cabbage mixture to a simmer and crumble ground beef into the pot. Cover and cook until cabbage is tender and ground beef is cooked through, about 45 minutes. Stir occasionally.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:3.42, Inflammation Score:-7, Nutrition Score:22.618260943371%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 165.36kcal (8.27%), Fat: 4.05g (6.22%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 8.52g (3.1%), Sugar: 7.47g (8.3%), Cholesterol: 46.87mg (15.62%), Sodium: 88.3mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.27%), Vitamin K: 163.72µg (155.93%), Vitamin C: 77.5mg (93.94%), Vitamin B6: 0.59mg (29.26%), Zinc: 4.28mg (28.51%), Vitamin B12: 1.69µg (28.22%), Folate: 98.7µg (24.67%), Fiber: 5.89g (23.56%), Vitamin B3: 4.7mg (23.51%), Phosphorus: 210.47mg (21.05%), Manganese: 0.42mg (20.92%), Selenium: 13.91µg (19.87%), Potassium: 653.77mg (18.68%), Iron: 3.13mg (17.4%), Vitamin B2: 0.21mg (12.61%), Magnesium: 45.85mg (11.46%), Vitamin B1: 0.17mg (11.19%), Calcium: 107.97mg (10.8%), Vitamin B5: 0.96mg (9.58%), Copper: 0.11mg (5.57%), Vitamin E: 0.68mg (4.54%), Vitamin A: 218.93IU (4.38%)