



Lazy Un-Stuffed Cabbage



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



8

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves
- ☐ 6 cups tomatoes canned crushed
- ☐ 4 ribs celery peeled
- ☐ 2 tablespoons cinnamon
- ☐ 6 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 large bunch optional: dill
- ☐ 1 cup golden black
- ☐ 2 granny smith apples unpeeled quartered

- ☐ 3 pounds ground beef lean
- ☐ 0.3 cup olive oil
- ☐ 1 large onion quartered
- ☐ 2 cinnamon paprika
- ☐ 1 drop salt and pepper to taste (just a if at all)
- ☐ 2 cups short grain brown rice
- ☐ 0.3 cup tomato paste
- ☐ 1 large head cabbage white very thin sliced (food processor)

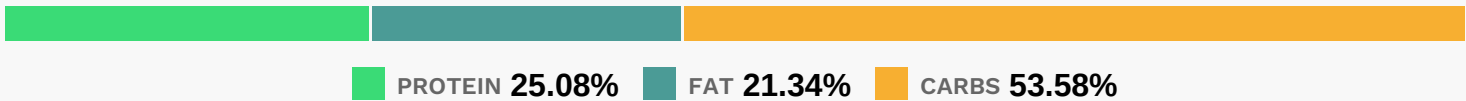
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Heat the oil in a wide bottom pot.In a food processor, coarsely grind the onion, celery, apples and dill.
- ☐ Add the ground mixture to the pot and saute until translucent.
- ☐ Add the meat and saute a few more minutes, stirring, until no longer pink.
- ☐ Add all remaining ingredients and bring to a boil.Reduce the flame to medium, and cook, covered, 1 hour, or a little longer, until the cabbage is very tender.
- ☐ Transfer onto a platter, and serve hot.

Nutrition Facts



Properties

Glycemic Index:54.68, Glycemic Load:45.01, Inflammation Score:-10, Nutrition Score:52.525217673053%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg
Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epicatechin 3–gallate: 0.01mg,
Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–
gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate:
0.11mg Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg Luteolin: 0.83mg, Luteolin: 0.83mg,
Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg,
Isorhamnetin: 0.99mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.29mg, Quercetin: 6.29mg,
Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 728.78kcal (36.44%), Fat: 17.92g (27.58%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 101.28g
(33.76%), Net Carbohydrates: 87.38g (31.78%), Sugar: 46.68g (51.87%), Cholesterol: 105.46mg (35.15%), Sodium:
519.14mg (22.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.39g (94.79%), Vitamin C: 157.71mg
(191.17%), Vitamin K: 164.3µg (156.48%), Manganese: 2.97mg (148.66%), Vitamin B6: 1.67mg (83.41%), Vitamin B3:
15.06mg (75.32%), Zinc: 10.91mg (72.74%), Vitamin B12: 3.81µg (63.5%), Phosphorus: 633.35mg (63.33%),
Potassium: 2007.93mg (57.37%), Fiber: 13.89g (55.58%), Iron: 9.33mg (51.81%), Vitamin E: 7.62mg (50.8%),
Magnesium: 194.75mg (48.69%), Selenium: 32.1µg (45.86%), Copper: 0.84mg (42.2%), Vitamin B1: 0.57mg (38.31%),
Vitamin A: 1843.94IU (36.88%), Folate: 145.96µg (36.49%), Vitamin B2: 0.56mg (33.01%), Vitamin B5: 2.94mg
(29.42%), Calcium: 222.34mg (22.23%), Vitamin D: 0.17µg (1.13%)