

Serbian Pork and Beef Casserole



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



921 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup bacon
- ☐ 4 cups chicken broth
- ☐ 1 pound ground beef
- ☐ 0.1 cup olive oil
- ☐ 2 onions chopped
- ☐ 0.3 teaspoon pepper
- ☐ 4 pork hocks
- ☐ 0.3 teaspoon salt

- ☐ 14.5 ounce sauerkraut drained canned
- ☐ 2 cups short-grain rice white uncooked

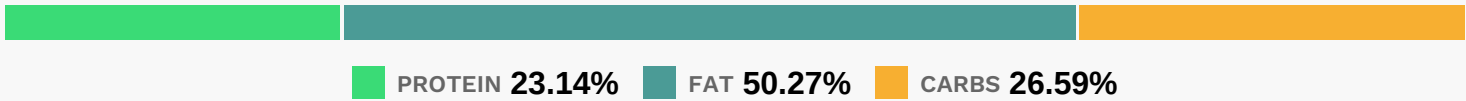
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Heat oil in a large skillet over medium heat. Brown ground beef, bacon, pork meat from hocks, and onions. Season with salt and pepper. Stir in sauerkraut and rice.
- ☐ Transfer contents to a casserole, and stir in chicken broth.
- ☐ Bake, uncovered, in a preheated oven until rice is cooked, about 30 to 45 minutes. Check liquid level periodically; add water if the casserole is drying out.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:42.81, Inflammation Score:-6, Nutrition Score:21.103913147812%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 920.6kcal (46.03%), Fat: 50.41g (77.55%), Saturated Fat: 17.52g (109.5%), Carbohydrates: 59.99g (20%), Net Carbohydrates: 55.49g (20.18%), Sugar: 3.45g (3.83%), Cholesterol: 186.85mg (62.28%), Sodium: 1532.47mg (66.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.22g (104.43%), Manganese: 0.93mg (46.68%), Folate: 182.72µg (45.68%), Iron: 7.39mg (41.06%), Selenium: 24.61µg (35.16%), Vitamin B3: 6.82mg (34.09%), Vitamin B1: 0.5mg (33.38%), Zinc: 4.31mg (28.75%), Vitamin B12: 1.7µg (28.31%), Vitamin B6: 0.52mg (25.89%), Potassium: 889.61mg (25.42%), Phosphorus: 227.71mg (22.77%), Fiber: 4.5g (17.99%), Vitamin B2: 0.27mg (15.85%),

Vitamin C: 12.78mg (15.5%), Copper: 0.29mg (14.75%), Vitamin B5: 1.42mg (14.16%), Vitamin K: 13.26µg (12.63%),
Magnesium: 43.65mg (10.91%), Vitamin E: 1.17mg (7.78%), Calcium: 74.49mg (7.45%)