

Stuffed Cabbage



Gluten Free



Dairy Free

READY IN



790 min.

SERVINGS



8

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large head cabbage
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 0.8 cup rice white cooked
- ☐ 1 eggs beaten
- ☐ 1 pound ground beef lean
- ☐ 1 onion diced finely
- ☐ 8 servings salt and pepper to taste

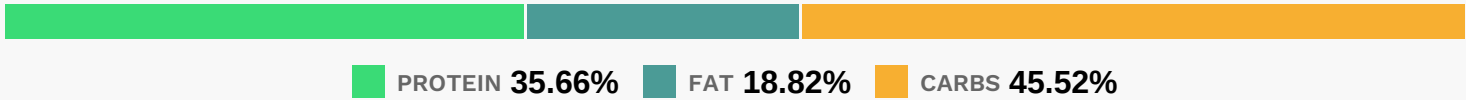
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place cabbage head in freezer and freeze overnight.
- ☐ Remove from freezer, thaw and peel away leaves.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine the beef, egg, onion, rice, salt and pepper.
- ☐ Mix together well. Take a small handful and form into a small roll or ball.
- ☐ Place into the center of a cabbage leaf. Fold the sides of the leaf over and roll the ball up into the leaf.
- ☐ Place seam side down in baking dish. Continue until all of the filling is used up.
- ☐ Mix together the soup with a 1/2 can water; pour over stuffed cabbage.
- ☐ Bake uncovered at 350 degrees F (175 degrees C) for 1 hour; baste often with the sauce.

Nutrition Facts



Properties

Glycemic Index:27.06, Glycemic Load:9, Inflammation Score:-6, Nutrition Score:19.999130388965%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 174.44kcal (8.72%), Fat: 3.74g (5.75%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 15.73g (5.72%), Sugar: 8.74g (9.71%), Cholesterol: 55.61mg (18.54%), Sodium: 411.42mg (17.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.87%), Vitamin K: 120.02µg (114.31%), Vitamin C: 63.03mg (76.4%), Vitamin B6: 0.49mg (24.4%), Zinc: 3.4mg (22.69%), Vitamin B12: 1.32µg (21.98%), Selenium: 14.35µg (20.49%), Potassium: 708.36mg (20.24%), Manganese: 0.4mg (19.88%), Vitamin B3: 3.89mg (19.43%), Folate: 75.56µg (18.89%), Phosphorus: 185.88mg (18.59%), Fiber: 4.61g (18.45%), Iron: 2.46mg (13.69%), Vitamin B2:

0.19mg (11.19%), Magnesium: 40.34mg (10.09%), Vitamin B1: 0.15mg (9.73%), Vitamin B5: 0.85mg (8.54%), Calcium: 80.3mg (8.03%), Vitamin A: 332.19IU (6.64%), Copper: 0.11mg (5.6%), Vitamin E: 0.59mg (3.92%), Vitamin D: 0.17µg (1.11%)