



Unstuffed Cabbage Skillet

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



55

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb cabbage shredded
- 28 oz canned tomatoes crushed canned
- 0.8 lb extra-lean ground beef
- 1 cup brown rice instant uncooked
- 0.7 oz 1 pkt. (0.7 oz.) good seasons zesty italian dressing mix italian good
- 1 onion chopped
- 1 cup water

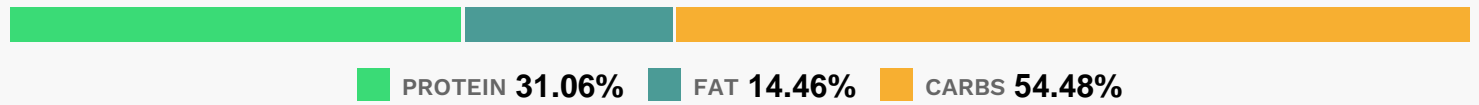
Equipment

- frying pan
- dutch oven

Directions

- Brown meat with onions in Dutch oven or large deep nonstick skillet.
- Add tomatoes and dressing mix; mix well. Stir in cabbage. Cover; simmer on medium-low heat 20 to 25 min. or until tender, stirring occasionally.
- Stir in water and rice; bring to boil. Simmer, covered, on low heat 5 min.
- Remove from heat; stir.
- Let stand, covered, 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:1.98, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:2.2513043378358%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 22.75kcal (1.14%), Fat: 0.37g (0.58%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.98g (1.09%), Cholesterol: 3.83mg (1.28%), Sodium: 62.87mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin K: 7.06µg (6.72%), Vitamin C: 4.49mg (5.45%), Vitamin B3: 0.65mg (3.24%), Vitamin B6: 0.06mg (3.02%), Manganese: 0.06mg (2.91%), Iron: 0.48mg (2.65%), Zinc: 0.39mg (2.63%), Folate: 10.41µg (2.6%), Selenium: 1.78µg (2.54%), Potassium: 81.05mg (2.32%), Vitamin B12: 0.14µg (2.31%), Vitamin B1: 0.03mg (2.25%), Fiber: 0.54g (2.18%), Phosphorus: 21.43mg (2.14%), Copper: 0.04mg (1.85%), Magnesium: 5.7mg (1.42%), Vitamin E: 0.21mg (1.41%), Vitamin B2: 0.02mg (1.28%), Vitamin B5: 0.11mg (1.07%)