



Unstuffed Sweet-and-Sour Cabbage



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce frangelico whole canned
- ☐ 1 tablespoon t brown sugar dark packed
- ☐ 0.3 cup cranberries dried
- ☐ 2 tablespoon flat parsley chopped
- ☐ 3 garlic clove divided thinly sliced
- ☐ 2 pound cabbage green cored quartered
- ☐ 0.5 pound ground beef
- ☐ 0.5 pound ground pork

- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion thinly sliced
- ☐ 3 tablespoon red-wine vinegar
- ☐ 4 servings rice steamed

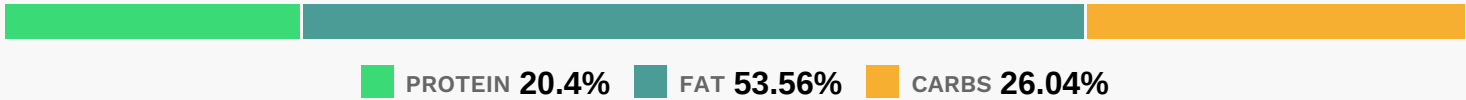
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Place cabbage in a deep 12-inch heavy skillet with broth, 1 garlic clove (sliced), and a rounded 1/4 teaspoon salt. Bring to a simmer over medium heat, then cook, covered, turning cabbage occasionally, until very tender, about 45 minutes. (
- ☐ Add more broth or water if necessary.)
- ☐ Meanwhile, cook onion and remaining garlic in oil in a heavy medium pot over medium heat, stirring occasionally, until golden, about 8 minutes. Increase heat to medium-high and stir in ground meats along with 1/2 teaspoon each of salt and pepper. Cook, stirring and breaking up lumps with a wooden spoon, until no longer pink, about 3 minutes.
- ☐ Stir in tomatoes with their juice, cranberries, vinegar, and brown sugar and simmer, uncovered, stirring occasionally and breaking up tomatoes with spoon, until slightly thickened, about 20 minutes. Season with salt.
- ☐ Pour sauce into skillet with cabbage and simmer, uncovered, 5 minutes.
- ☐ Serve sprinkled with parsley.

Nutrition Facts



Properties

Glycemic Index:48.55, Glycemic Load:4.78, Inflammation Score:-9, Nutrition Score:27.44565227239%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg

Nutrients (% of daily need)

Calories: 452.86kcal (22.64%), Fat: 27.44g (42.21%), Saturated Fat: 9.46g (59.1%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 23.05g (8.38%), Sugar: 19.17g (21.3%), Cholesterol: 81.08mg (27.03%), Sodium: 124.78mg (5.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.51g (47.02%), Vitamin K: 209.25µg (199.29%), Vitamin C: 89.62mg (108.63%), Vitamin B1: 0.6mg (40.22%), Vitamin B6: 0.77mg (38.29%), Selenium: 23.89µg (34.13%), Vitamin B3: 5.95mg (29.76%), Folate: 114.67µg (28.67%), Zinc: 4.19mg (27.94%), Fiber: 6.97g (27.88%), Phosphorus: 275.08mg (27.51%), Vitamin B12: 1.64µg (27.33%), Manganese: 0.51mg (25.41%), Potassium: 816.1mg (23.32%), Vitamin B2: 0.33mg (19.68%), Iron: 3.11mg (17.26%), Magnesium: 54.61mg (13.65%), Calcium: 129.89mg (12.99%), Vitamin B5: 1.25mg (12.48%), Vitamin E: 1.31mg (8.76%), Vitamin A: 395.66IU (7.91%), Copper: 0.15mg (7.68%)