

Frank's Cabbage and Ground Beef Bake (Slow Cooker)

NELady
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Servings: 6

1 package (16 ounce) cole slaw mix
(shredded cabbage & carrots)
1 pound extra lean ground beef (do
not brown)
1/2 teaspoon salt
1/4 teaspoon pepper
1 medium onion, finely chopped
1 cup long grain rice
1 jar (28 ounce) chunky spaghetti
sauce
1/2 cup water
1/4 teaspoon dried basil leaves,
crushed
1/4 teaspoon seasoning salt

Preparation Time: 10 minutes

Slow Cooker: 6 hours

Place half of the shredded cabbage in a five- to six-quart slow cooker. Crumble the ground beef over the top.

Sprinkle with 1/4 teaspoon of the salt and 1/8 teaspoon of pepper. Evenly distribute the onion and then the rice over all. Top with the remaining cabbage.

In a bowl, combine the spaghetti sauce, water, basil and seasoned salt. Pour over the cabbage.

Cover and cook on LOW for five to six hours or until the rice is tender.

Start to Finish Time: 6 hours 10 minutes

Per Serving (excluding unknown items): 184 Calories; 13g Fat (64.5% calories from fat); 14g Protein; 2g Carbohydrate; trace Dietary Fiber; 52mg Cholesterol; 229mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Beef, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	184	Vitamin B6 (mg):	.2mg
% Calories from Fat:	64.5%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	3.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	31.8%	Riboflavin B2 (mg):	.2mg
		Folacin (mcg):	10mcg

Total Fat (g): 13g
Saturated Fat (g): 5g
Monounsaturated Fat (g): 6g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 52mg
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): 14g
Sodium (mg): 229mg
Potassium (mg): 245mg
Calcium (mg): 11mg
Iron (mg): 2mg
Zinc (mg): 3mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): trace
Vitamin A (r.e.): 0RE

Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 184 **Calories from Fat:** 119

% Daily Values*

Total Fat	13g	20%
Saturated Fat	5g	26%
Cholesterol	52mg	17%
Sodium	229mg	10%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	14g	
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Vitamin A		0%
Vitamin C		2%
Calcium		1%
Iron		9%

* Percent Daily Values are based on a 2000 calorie diet.