

Mutiny on the Bounty Casserole

Lynne Della Donna

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

- 1 pound ground beef
- 1 cup onion, chopped
- 1 cup green pepper, chopped
- 1 can (14-1/2 or 16-ounce) tomatoes
- 1 teaspoon salt
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 3 cups cooked rice
- 4 cups shredded cabbage
- 1/2 cup sour cream
- 1 cup Monterey Jack cheese, shredded

In a large skillet, saute' the ground beef, onions and green pepper until the meat is lightly browned. Drain off the fat.

Stir in the tomatoes, salt, chili powder, garlic powder, rice and cabbage. Cover and cook for 10 to 15 minutes or until the cabbage is tender-crisp.

Stir in the sour cream. Sprinkle with cheese. Cover and allow the cheese to melt (2 to 3 minutes).

Per Serving (excluding unknown items): 503 Calories; 31g Fat (54.7% calories from fat); 22g Protein; 35g Carbohydrate; 3g Dietary Fiber; 90mg Cholesterol; 544mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	503	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	54.7%	Vitamin B12 (mcg):	2.2mcg
% Calories from Carbohydrates:	27.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	17.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	31g	Folacin (mcg):	100mcg
Saturated Fat (g):	14g	Niacin (mg):	6mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	90mg	% Refuse:	0.0%
Carbohydrate (g):	35g		
Dietary Fiber (g):	3g	Food Exchanges	
Protein (g):	22g	Grain (Starch):	1 1/2
		Lean Meat:	2 1/2

Sodium (mg): 544mg
Potassium (mg): 524mg
Calcium (mg): 216mg
Iron (mg): 2mg
Zinc (mg): 4mg
Vitamin C (mg): 44mg
Vitamin A (i.u.): 1113IU
Vitamin A (r.e.): 177RE

Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 503 **Calories from Fat:** 275

% Daily Values*

Total Fat 31g	47%
Saturated Fat 14g	72%
Cholesterol 90mg	30%
Sodium 544mg	23%
Total Carbohydrates 35g	12%
Dietary Fiber 3g	12%
Protein 22g	
Vitamin A	22%
Vitamin C	73%
Calcium	22%
Iron	13%

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