

# Stuffed Cabbage (Slow Cooker)

Barbara Jones  
*Easy Slow Cooker Cookbook*

## Servings: 6

10 to 12 large cabbage leaves  
1 1/2 pounds ground beef  
1/2 cup brown rice  
1 egg, beaten  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon ground cinnamon  
1 can (15 ounce) tomato sauce

## Slow Cooker: 8 hours

Spray a slow cooker with nonstick cooking spray.

Wash the cabbage leaves. Place in a saucepan of boiling water and turn off the heat. Soak for about 5 minutes.

Remove the leaves. Drain and cool.

In a bowl, combine the beef, rice, egg, salt, pepper and cinnamon. Mix well.

Place two tablespoons of the beef mixture on each cabbage leaf. Roll tightly. (If you are unable to get ten to twelve large leaves, put two together to make one large leaf.)

Stack the rolls in the slow cooker. Pour the tomato sauce over the rolls.

Cover and cook on HIGH for one hour.

Lower the heat to LOW and cook for six to seven additional hours.

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Per Serving (excluding unknown items): 444 Calories; 32g Fat (64.2% calories from fat); 22g Protein; 17g Carbohydrate; 2g Dietary Fiber; 132mg Cholesterol; 699mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 Vegetable; 4 1/2 Fat.

Beef

**Per Serving Nutritional Analysis**

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% Calories from Fat:	64.2%
% Calories from Carbohydrates:	15.7%
% Calories from Protein:	20.1%
Total Fat (g):	32g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	132mg
Carbohydrate (g):	17g
Dietary Fiber (g):	2g
Protein (g):	22g
Sodium (mg):	699mg
Potassium (mg):	561mg
Calcium (mg):	47mg
Iron (mg):	3mg
Zinc (mg):	5mg
Vitamin C (mg):	15mg
Vitamin A (i.u.):	492IU
Vitamin A (r.e.):	56 1/2RE

Vitamin B12 (mcg):	3.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	35mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

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### Food Exchanges

Grain (Starch):	1
Lean Meat:	3
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 444 Calories from Fat: 285

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#### % Daily Values\*

<b>Total Fat</b> 32g	49%
Saturated Fat 13g	63%
<b>Cholesterol</b> 132mg	44%
<b>Sodium</b> 699mg	29%
<b>Total Carbohydrates</b> 17g	6%
Dietary Fiber 2g	7%
<b>Protein</b> 22g	
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<b>Vitamin A</b>	10%
<b>Vitamin C</b>	25%
<b>Calcium</b>	5%
<b>Iron</b>	17%

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