

Stuffed Cabbage Casserole

Jeannie Beal

Community Living Committee - All Saint's Church Hammond, IN 1987

1 small head cabbage
1 pound ground beef
1/2 cup rice, uncooked
1 1/2 cups water
1 can tomato soup
salt and pepper (to taste)

Preheat the oven to 350 degrees.

Chop the cabbage. Line the cabbage in the bottom of a baking pan.

Brown the meat and drain off the grease. Layer the meat on top of the cabbage.

Sprinkle the rice over the meat.

Mix the water, tomato soup, salt and pepper. Pour the mixture over the layered mixture.

Bake, covered, for one and 1/2 hours.

Per Serving (excluding unknown items): 1853 Calories; 123g Fat (60.6% calories from fat); 85g Protein; 95g Carbohydrate; 4g Dietary Fiber; 386mg Cholesterol; 1035mg Sodium. Exchanges: 5 1/2 Grain(Starch); 11 Lean Meat; 1 Vegetable; 18 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1853	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	60.6%	Vitamin B12 (mcg):	12.0mcg
% Calories from Carbohydrates:	20.8%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	18.6%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	123g	Folacin (mcg):	92mcg
Saturated Fat (g):	49g	Niacin (mg):	26mg
Monounsaturated Fat (g):	53g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	386mg	% Refused:	0.0%
	95g		

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 4g
Protein (g): 85g
Sodium (mg): 1035mg
Potassium (mg): 1624mg
Calcium (mg): 123mg
Iron (mg): 14mg
Zinc (mg): 18mg
Vitamin C (mg): 95mg
Vitamin A (i.u.): 806IU
Vitamin A (r.e.): 80RE

Grain (Starch): 5 1/2
Lean Meat: 11
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 18 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1853 **Calories from Fat:** 1122

% Daily Values*

Total Fat	123g	190%
Saturated Fat	49g	247%
Cholesterol	386mg	129%
Sodium	1035mg	43%
Total Carbohydrates	95g	32%
Dietary Fiber	4g	15%
Protein	85g	
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Vitamin A		16%
Vitamin C		158%
Calcium		12%
Iron		79%

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