

Inside-Out Cabbage Rolls

Kay Holman

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

Servings: 4

1 pound lean ground beef
 1/4 cup raw rice
 2 cups cabbage, finely shredded
 1 medium onion, chopped
 2 cans (10-1/2 ounce ea) tomato soup
 2 cans (10-1/2 ounce ea) water
 salt (to taste)
 pepper (to taste)

In a bowl, mix together thoroughly the meat, rice, onion and cabbage. Salt and pepper to taste.

Roll into one-inch balls.

Place the meatballs into a large skillet.

In a bowl, blend the tomato soup and water well. Pour over the meat.

Simmer for one and one-half hours.

Per Serving (excluding unknown items): 364 Calories; 25g Fat (61.1% calories from fat); 22g Protein; 13g Carbohydrate; 2g Dietary Fiber; 85mg Cholesterol; 438mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 3 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	364
% Calories from Fat:	61.1%
% Calories from Carbohydrates:	14.5%
% Calories from Protein:	24.4%
Total Fat (g):	25g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	85mg
Carbohydrate (g):	13g
Dietary Fiber (g):	2g
Protein (g):	22g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	2.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	41mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	3

Sodium (mg): 438mg
Potassium (mg): 581mg
Calcium (mg): 44mg
Iron (mg): 3mg
Zinc (mg): 5mg
Vitamin C (mg): 49mg
Vitamin A (i.u.): 403IU
Vitamin A (r.e.): 40RE

Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 364 **Calories from Fat:** 223

% Daily Values*

Total Fat	25g	38%
	Saturated Fat 10g	48%
Cholesterol	85mg	28%
Sodium	438mg	18%
Total Carbohydrates	13g	4%
	Dietary Fiber 2g	7%
Protein	22g	

Vitamin A	8%
Vitamin C	82%
Calcium	4%
Iron	18%

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