

# Instant Pot Stuffed Cabbage

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-italian-sausage-and-rice-recipe>

## Ingredients:

- 1 head cabbage
- 1/2 pound italian sausage spicy is best
- 1/2 pound ground beef
- 2 cups rice pre-cooked
- 1 can diced tomatoes
- 14 ounces chiles
- 1/2 onion diced
- 1 teaspoon seasoning salt optional, I use Lawry's if I add it.

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 100 milligrams
4. Fat: 33 grams
5. Fiber: 5 grams
6. Protein: 32 grams
7. SaturatedFat: 12 grams
8. Sodium: 880 milligrams
9. Sugar: 2 grams
10. TransFat: 0.5 grams

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