

Swedish Cabbage Casserole

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/scandinavian-cabbage-recipe>

Ingredients:

- 1 head green cabbage ca. 2.5 lbs, cored and coarsely chopped
- 2 tablespoons oil or butter
- 2 tablespoons molasses or light syrup
- 1 pound ground beef or pork
- 1 onion chopped
- 2 cloves garlic minced
- 1 cup heavy cream
- 3 tablespoons breadcrumbs
- 4 tablespoons water
- 2 tablespoons soy sauce
- 1 tablespoon Worcestershire sauce
- salt
- pepper
- preserves Lingonberry, for serving optional

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 175 milligrams
4. Fat: 51 grams
5. Fiber: 6 grams
6. Protein: 27 grams
7. SaturatedFat: 24 grams
8. Sodium: 870 milligrams
9. Sugar: 8 grams
10. TransFat: 1 grams

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