

Swedish Cabbage Rolls, Crock Pot or Stovetop

Yield: 6 min
Total Time: 445 min

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

Ingredients:

- 1 head cabbage frozen, thawed
- 1 large egg beaten
- 3 tablespoons milk
- 1/4 cup finely chopped onion
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/4 pounds lean ground beef
- 1 cup cooked rice
- 8 ounces tomato sauce
- 14 1/2 ounces diced tomatoes optional
- 1 tablespoon brown sugar
- 1 teaspoon lemon juice or cider vinegar
- 1 teaspoon Worcestershire sauce

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 95 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 24 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 670 milligrams
9. Sugar: 8 grams

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