

# Cabbage Casserole

*Down To Earth Lifestyles - Parkville, MO  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 4

*1/2 head cabbage, chopped  
1 small onion, chopped  
1/2 green bell pepper, chopped  
3 tablespoons butter or margarine  
3 tablespoons flour  
1 cup milk  
1/2 cup Cheddar cheese, shredded  
cornbread crumbs*

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Preheat the oven to 325 degrees.

In a saucepan, Cook the Cabbage, onion and green pepper in lightly salted water until tender. Drain.

In a saucepan, melt the butter. Stir in the flour and cook for 1 minute, stirring constantly. Slowly add the milk; stir until thickened. Add the cheese. Blend until melted.

Layer the drained cabbage mixture and cheese sauce in a greased casserole. Make several layers, ending with the sauce.

Bake for about 30 minutes or until bubbly.

Top with crumbs and return to the oven until lightly browned.

*Corn bread stuffing mix may be used for the crumbs, or sprinkle plain corn bread crumbs with poultry seasoning.*

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Per Serving (excluding unknown items): 209 Calories; 16g Fat (65.6% calories from fat); 7g Protein; 11g Carbohydrate; 1g Dietary Fiber; 46mg Cholesterol; 209mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	209	Vitamin B6 (mg):	.1mg
% Calories from Fat:	65.6%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	21.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	16g	Folacin (mcg):	21mcg

**Saturated Fat (g):** 10g  
**Monounsaturated Fat (g):** 4g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 46mg  
**Carbohydrate (g):** 11g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 7g  
**Sodium (mg):** 209mg  
**Potassium (mg):** 212mg  
**Calcium (mg):** 191mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 19mg  
**Vitamin A (i.u.):** 661IU  
**Vitamin A (r.e.):** 159 1/2RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 209 **Calories from Fat:** 137

### % Daily Values\*

<b>Total Fat</b>	16g	24%
Saturated Fat	10g	48%
<b>Cholesterol</b>	46mg	15%
<b>Sodium</b>	209mg	9%
<b>Total Carbohydrates</b>	11g	4%
Dietary Fiber	1g	5%
<b>Protein</b>	7g	
<b>Vitamin A</b>		13%
<b>Vitamin C</b>		32%
<b>Calcium</b>		19%
<b>Iron</b>		3%

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