



2495 Caring Way, Suite C
 Port Charlotte, Florida 33952
 doctordulaney.com

Jaimela J. Dulaney, M.D., PA

Our Heart "Beets" Plant Strong

Jami Dulaney, M.D.

Office: 941-235-9231
 Fax: 941-235-9236
 info@doctordulaney.com

Cabbage Unrolled

Ingredients:

- ½ head cabbage
- 1 medium onion, finely chopped
- 1 Tbsp *Wickle's* brand or other – diced hot peppers
- One large box diced tomatoes
- 12 oz. can pinto beans
- 2 cups cooked rice
- 2 cloves garlic
- 2 cups sauerkraut
- pepper to taste

What to do:

1. Dice garlic and sauté with 2 Tbsp water
2. Add finely chopped onions
3. Add coarsely chopped cabbage and cup of water; steam until tender
4. Add tomatoes and pinto beans, hot pepper relish; simmer for 15 minutes
5. Serve alone or with a baked potato

Servings: 6

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 229	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 943 mg	39 %
Potassium 882 mg	25 %
Total Carbohydrate 46 g	15 %
Dietary Fiber 10 g	40 %
Sugars 9 g	
Protein 9 g	19 %
Vitamin A	38 %
Vitamin C	161 %
Calcium	11 %
Iron	15 %
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	