

Ground Beef & Red Cabbage Salad with Avocado

8 Ingredients, 3 serves, 20 Minutes Total Time

1/4 teaspoon sea salt
2 cups red cabbage (thinly sliced)
1 avocado (sliced)
500 grams beef (ground, grass fed)
4 cups kale (chopped)
1/2 teaspoon ground cinnamon*
1/4 teaspoon ground ginger
2 tablespoons oil*

Instructions

- Heat 1 tablespoon oil in a pan over medium heat.
- Add chopped red cabbage and stir around to soften.
- Add cinnamon, ground ginger, and salt.
- In a separate pan heat the remaining 1 T oil and add 1 cup sliced mushrooms (optional, NOT suitable on the Candida/ Body Ecology/ SCD protocols).
- Add the ground beef and stir fry until browned.
- While vegetables are cooking, add baby kale or baby spinach leaves to 2 plates and top with browned ground beef.
- Top with cooked red cabbage and avocado slices.

Warnings

**RED CABBAGE: serving size of 1 cup or less is low FODMAPs, 1/2 cup max per meal for SIBO phase 1 & 2.

**KALE: (curly kale is high oxalate, lacinato/dino, cooked and drained is low oxalate)

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

Nutritional Information (per serving)

Calories	442
Total Fat	22g
Saturated Fat	4g
Cholesterol	92mg
Sodium	337mg
Total Carbohydrate	17g
Dietary Fibre	6g
Sugars	2g
Protein	44g
Calcium	183mg
Iron	5mg
Magnesium	108mg
Phosphorus	485mg
Potassium	1,451mg

Vitamin C	141mg
Thiamine	--
Riboflavin	--
Vitamin B6	2mg
Vitamin E	4mg