



WHATSheATE



HEALTH SCORE

72%

Barley-Stuffed Cabbage Rolls with Pine Nuts and Currants



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup apple juice



0.3 teaspoon pepper black divided freshly ground



14.5 ounce canned tomatoes crushed undrained canned



1 tablespoon apple cider vinegar



3 cups pearl barley cooked



0.5 cup currants dried



0.8 cup feta cheese crumbled

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 large head cabbage green cored
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion finely chopped
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 teaspoon salt divided

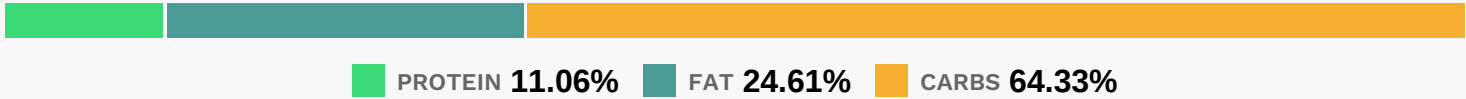
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Steam cabbage head 8 minutes; cool slightly.
- ☐ Remove 16 leaves from cabbage head; discard remaining cabbage.
- ☐ Cut off raised portion of the center vein of each cabbage leaf (do not cut out vein); set trimmed cabbage leaves aside.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion; cover and cook 6 minutes or until tender.
- ☐ Remove from heat; stir in barley and next 4 ingredients (through parsley). Stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Place cabbage leaves on a flat surface; spoon about 1/3 cup barley mixture into center of each cabbage leaf. Fold in edges of leaves over barley mixture; roll up. Arrange cabbage rolls in bottom of a 5-quart electric slow cooker.
- ☐ Combine the remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, apple juice, vinegar, and tomatoes; pour evenly over cabbage rolls. Cover and cook on high 2 hours or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:76.44, Glycemic Load:12.89, Inflammation Score:-9, Nutrition Score:36.083478264187%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Apigenin: 4.57mg, Apigenin: 4.57mg, Apigenin: 4.57mg, Apigenin: 4.57mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg

Nutrients (% of daily need)

Calories: 487.12kcal (24.36%), Fat: 14.24g (21.91%), Saturated Fat: 4.78g (29.86%), Carbohydrates: 83.77g (27.92%), Net Carbohydrates: 67.39g (24.5%), Sugar: 31.79g (35.32%), Cholesterol: 25.03mg (8.34%), Sodium: 674.19mg (29.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.8%), Vitamin K: 282.66µg (269.2%), Vitamin C: 131.91mg (159.89%), Manganese: 1.65mg (82.69%), Fiber: 16.38g (65.53%), Folate: 193.32µg (48.33%), Vitamin B6: 0.93mg (46.67%), Potassium: 1262.62mg (36.07%), Calcium: 347.97mg (34.8%), Phosphorus: 340.17mg (34.02%), Vitamin B1: 0.49mg (32.76%), Vitamin B2: 0.55mg (32.3%), Iron: 5.49mg (30.52%), Magnesium: 117.23mg (29.31%), Vitamin B3: 5.32mg (26.62%), Copper: 0.53mg (26.59%), Selenium: 16.4µg (23.43%), Zinc: 3.14mg (20.91%), Vitamin E: 2.84mg (18.91%), Vitamin A: 838.9IU (16.78%), Vitamin B5: 1.5mg (15.01%), Vitamin B12: 0.48µg (7.92%)