



Braised stuffed cabbage



Vegetarian



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



3

CALORIES



395 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 large cabbage leaves (Savoy is perfect)
- ☐ 2 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 2 tsp rosemary finely chopped
- ☐ 1 celery stalks chopped
- ☐ 140 g rice wild mixed (we like Tilda)
- ☐ 140 g honey cooked roughly chopped
- ☐ 50 g cranberries fresh

- ☐ 300 ml vegetable stock
- ☐ 1 tbsp balsamic vinegar
- ☐ 1 tsp clear honey

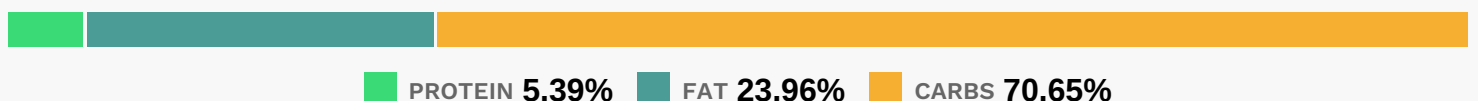
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Remove the tough central stalk from the cabbage leaves. Bring a large pan of salted water to the boil, add the cabbage, then cook for just 1-2 mins until the leaves are starting to wilt.
- ☐ Drain and refresh under cold running water.
- ☐ Drain well, then pat dry with a tea towel.
- ☐ Heat the oil in a pan, add the onion, then fry for 5 mins until slightly browned.
- ☐ Add the rosemary and celery, then cook for 8 mins more. Stir in the rice, then cook for a min or so until the grains are glistening.
- ☐ Remove from the heat, stir in the chestnuts and cranberries, then season.
- ☐ Spoon a little stuffing onto a cabbage leaf, roll up and fold in the sides to enclose the filling. Put in a single layer in a large, oiled, shallow ovenproof dish with the join underneath. Fill the remaining leaves in the same way.
- ☐ Mix the stock, vinegar and honey, then pour over the cabbage. Cover the dish tightly with foil, bake for 1 hr, uncover, then cook for a further 15 mins.

Nutrition Facts



Properties

Glycemic Index:156.15, Glycemic Load:37.49, Inflammation Score:-7, Nutrition Score:13.6582607601%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg

Nutrients (% of daily need)

Calories: 395.19kcal (19.76%), Fat: 10.52g (16.18%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 69.81g (23.27%), Net Carbohydrates: 66.94g (24.34%), Sugar: 6.69g (7.43%), Cholesterol: 0mg (0%), Sodium: 410.4mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Vitamin C: 39.47mg (47.84%), Manganese: 0.9mg (45.17%), Vitamin K: 31.06µg (29.58%), Vitamin B6: 0.44mg (21.98%), Folate: 85.16µg (21.29%), Copper: 0.35mg (17.43%), Potassium: 498.07mg (14.23%), Fiber: 2.87g (11.48%), Vitamin E: 1.69mg (11.29%), Selenium: 7.64µg (10.92%), Phosphorus: 102.09mg (10.21%), Magnesium: 40.21mg (10.05%), Vitamin B1: 0.15mg (9.7%), Vitamin A: 443.53IU (8.87%), Calcium: 87.27mg (8.73%), Vitamin B5: 0.85mg (8.53%), Iron: 1.44mg (7.99%), Vitamin B3: 1.56mg (7.8%), Zinc: 0.98mg (6.54%), Vitamin B2: 0.08mg (4.51%)