



Brown Rice-Stuffed Grape Leaves in Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black divided
- 1 cup brown rice long-grain uncooked
- 14.5 ounce canned tomatoes crushed undrained canned
- 2 tablespoons currants dried
- 0.5 teaspoon savory dried
- 1 tablespoon optional: dill fresh chopped
- 2 tablespoons flat-leaf parsley fresh chopped

- 1 garlic clove minced
- 24 large bottled grape leaves
- 1 cup leek thinly sliced (1 large)
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon rind fresh grated
- 2 tablespoons pinenuts toasted chopped
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 2 teaspoons vegetable oil
- 4 cups water

Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Bring water to a boil in a medium saucepan; add rice and 1/2 teaspoon salt. Cover, reduce heat, and simmer 40 minutes or until liquid is absorbed.
- Remove from heat; uncover and cool to room temperature.
- Heat oil in a large nonstick skillet over medium-low heat.
- Add leek; cook 10 minutes or until tender, stirring frequently (do not brown).
- Add garlic; cook 1 minute. Reserve 1/4 cup leek mixture; stir remaining leek mixture into rice. Stir parsley and next 7 ingredients (parsley through 1/8 teaspoon salt) into rice mixture.
- Add 1/8 teaspoon pepper.
- Combine reserved 1/4 cup leek mixture, tomatoes, and 1/8 teaspoon black pepper in skillet; bring to a boil. Reduce heat, and simmer 10 minutes.
- Remove from heat.
- Rinse grape leaves with cold water; drain well. Pat dry with paper towels.

- Remove stems; discard. Select 24 large leaves; reserve remaining leaves for another use. Spoon 1 rounded tablespoon of rice mixture onto center of each grape leaf. Bring 2 opposite points of leaf to center; fold over filling. Beginning at 1 short side, roll up leaf tightly, jelly roll fashion. Repeat procedure with remaining leaves.
- Nestle stuffed grape leaves, seam sides down, in tomato sauce. Cover and cook over medium-low heat 20 minutes or until thoroughly heated.

Nutrition Facts



■ **PROTEIN 9.33%**
■ **FAT 21.16%**
■ **CARBS 69.51%**

Properties

Glycemic Index:32.84, Glycemic Load:12.38, Inflammation Score:-9, Nutrition Score:14.450434824695%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 156.8kcal (7.84%), Fat: 3.87g (5.95%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 25.26g (9.19%), Sugar: 5.75g (6.39%), Cholesterol: 0mg (0%), Sodium: 261.76mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Manganese: 1.55mg (77.43%), Vitamin A: 2865.25IU (57.31%), Vitamin K: 37.77µg (35.98%), Magnesium: 65.6mg (16.4%), Vitamin B6: 0.28mg (14.02%), Copper: 0.28mg (13.89%), Fiber: 3.31g (13.24%), Vitamin C: 9.64mg (11.68%), Phosphorus: 110.77mg (11.08%), Vitamin B1: 0.16mg (10.95%), Vitamin B3: 2.1mg (10.49%), Iron: 1.86mg (10.33%), Potassium: 313.25mg (8.95%), Vitamin E: 1.27mg (8.44%), Calcium: 74.76mg (7.48%), Folate: 29.25µg (7.31%), Zinc: 0.9mg (5.98%), Vitamin B5: 0.55mg (5.53%), Vitamin B2: 0.09mg (5.01%)