

food
network



HEALTH SCORE

61%

Cabbage Rolls



Gluten Free



Dairy Free



Very Healthy

READY IN



165 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 head cabbage fresh



2 carrots chopped



2 stalks celery chopped



0.5 pound ground pork



1 teaspoon oil



1 small onion chopped fine



4 servings bell pepper



0.5 pound rice

- ☐ 4 servings salt
- ☐ 1 teaspoon vegetable bouillon

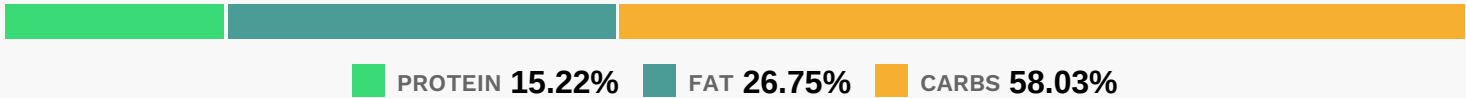
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Steam the rice and cabbage head separately. Set the steamed rice aside. Peel off the cabbage leaves to have individual leaves.
- ☐ Add chopped onion, oil, bouillon, and the steamed rice to the ground pork meat.
- ☐ Mix together. Season with salt and pepper.
- ☐ Roll the ground pork mixture into golf ball-sized balls. Wrap each pork ball in a cabbage leaf.
- ☐ Add carrots and celery into the baking pan (vegetables prevent the cabbage from burning onto the bottom of the pan, and also adds an aroma to the rolls) and arrange the cabbage rolls on top.
- ☐ Place the pan into the oven and cook for about 1 1/2 hours. Check if it is thoroughly cooked before removing from the oven.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:32.94, Inflammation Score:-10, Nutrition Score:33.402608726336%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 463.4kcal (23.17%), Fat: 13.96g (21.48%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 68.16g (22.72%), Net Carbohydrates: 58.71g (21.35%), Sugar: 12.93g (14.36%), Cholesterol: 40.82mg (13.61%), Sodium: 314.96mg (13.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.87g (35.74%), Vitamin C: 182.55mg (221.28%), Vitamin K: 186.9µg (178%), Vitamin A: 7747.17IU (154.94%), Manganese: 1.16mg (57.82%), Vitamin B1: 0.67mg (44.39%), Vitamin B6: 0.89mg (44.32%), Folate: 155.57µg (38.89%), Fiber: 9.45g (37.79%), Selenium: 23.46µg (33.52%), Potassium: 946.22mg (27.03%), Phosphorus: 263.37mg (26.34%), Vitamin B3: 5.01mg (25.06%), Vitamin B2: 0.35mg (20.53%), Vitamin B5: 1.83mg (18.25%), Zinc: 2.59mg (17.26%), Magnesium: 68.74mg (17.19%), Calcium: 142.04mg (14.2%), Iron: 2.51mg (13.94%), Vitamin E: 2.01mg (13.43%), Copper: 0.23mg (11.69%), Vitamin B12: 0.4µg (6.61%)