



Cabbage Rolls



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon caraway seeds
- ☐ 0.5 pound ground pork lean
- ☐ 0.5 cup rice instant uncooked
- ☐ 2 tablespoons brown sugar light
- ☐ 12 large cabbage green
- ☐ 3 cups onion chopped
- ☐ 0.5 pound fat

- ☐ 14.4 ounce sauerkraut shredded rinsed drained canned
- ☐ 2 cups sacramento tomato juice low-sodium
- ☐ 3 tablespoons tomato paste

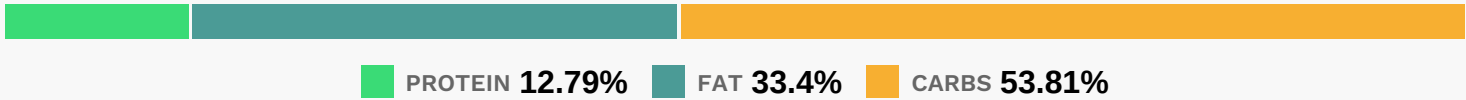
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Cook cabbage leaves in boiling water 3 to 4 minutes or just until tender.
- ☐ Drain.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 5 to 7 minutes or until tender.
- ☐ Remove pan from heat; stir in rice. Cool 15 minutes.
- ☐ Combine rice mixture, pork, sausage, and pepper. Spoon about 1/4 cup mixture into center of 1 cabbage leaf. Fold in edges of leaves. Starting at stem end, roll up jelly-roll fashion. Repeat procedure with remaining leaves and filling.
- ☐ Combine sauerkraut and caraway seeds. Spoon half of sauerkraut mixture into a 4-quart electric slow cooker coated with cooking spray. Top with half of cabbage rolls, seam sides down. Repeat layers with remaining sauerkraut mixture and cabbage rolls.
- ☐ Combine tomato juice, brown sugar, and tomato paste, stirring with a whisk.
- ☐ Pour tomato juice mixture over cabbage rolls. Cover and cook on LOW for 6 hours.
- ☐ Serve rolls with sauerkraut mixture.

Nutrition Facts



Properties

Glycemic Index:45.42, Glycemic Load:47.13, Inflammation Score:-10, Nutrition Score:66.139999928682%

Flavonoids

Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 5.08mg, Kaempferol: 5.08mg, Kaempferol: 5.08mg, Kaempferol: 5.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 24.2mg, Quercetin: 24.2mg, Quercetin: 24.2mg, Quercetin: 24.2mg

Nutrients (% of daily need)

Calories: 1201.86kcal (60.09%), Fat: 48.69g (74.9%), Saturated Fat: 18.74g (117.14%), Carbohydrates: 176.49g (58.83%), Net Carbohydrates: 109.82g (39.93%), Sugar: 92.23g (102.48%), Cholesterol: 63.12mg (21.04%), Sodium: 996.62mg (43.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.94g (83.87%), Vitamin K: 1909.05µg (1818.14%), Vitamin C: 946.33mg (1147.07%), Folate: 1125.16µg (281.29%), Fiber: 66.67g (266.68%), Manganese: 4.47mg (223.36%), Vitamin B6: 3.56mg (177.96%), Potassium: 4877.17mg (139.35%), Vitamin B1: 1.9mg (126.98%), Calcium: 1062.64mg (106.26%), Magnesium: 340.6mg (85.15%), Phosphorus: 792.1mg (79.21%), Iron: 14.01mg (77.81%), Vitamin B2: 1.17mg (68.79%), Vitamin B5: 6.08mg (60.82%), Vitamin A: 2950.13IU (59%), Vitamin B3: 8.72mg (43.6%), Zinc: 5.98mg (39.88%), Copper: 0.7mg (35.24%), Vitamin E: 4.71mg (31.38%), Selenium: 20.74µg (29.63%), Vitamin D: 0.94µg (6.3%), Vitamin B12: 0.26µg (4.41%)