

Cabbage Rolls I

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 leaves cabbage
- ☐ 28 ounce canned tomatoes whole peeled chopped canned
- ☐ 1 cup bread crumbs dry
- ☐ 1 pinch ground cinnamon
- ☐ 1 pound ground beef lean
- ☐ 1 onion diced
- ☐ 1 teaspoon salt
- ☐ 2 cups water

☐ 1 cup rice white uncooked

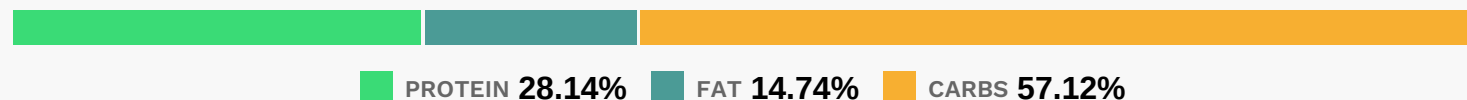
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Bring a large pot of water to boil, introduce cabbage leaves and cook 2 minutes.
- ☐ Drain.
- ☐ Combine the rice and water in a small saucepan. Bring to a boil, then reduce heat and simmer for 20 minutes or until rice is tender.
- ☐ Remove from heat and set aside.
- ☐ In a large bowl, combine beef, bread crumbs, cinnamon, drained and chopped tomatoes, onion and salt; stir until well combined. Spoon equal amounts of beef mixture onto the center of each cabbage leaf.
- ☐ Place a spoonful of rice onto the beef.
- ☐ Roll up leaves, tucking in edges, and seal with a toothpick. Wrap each roll in aluminum foil and place in a shallow baking dish.
- ☐ Bake 40 minutes, or until beef is cooked through.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.72, Glycemic Load:9.14, Inflammation Score:-3, Nutrition Score:10.225217433079%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 190.52kcal (9.53%), Fat: 3.08g (4.74%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 25.1g (9.13%), Sugar: 3.08g (3.42%), Cholesterol: 28.12mg (9.37%), Sodium: 458.97mg (19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.45%), Vitamin B3: 4.09mg (20.43%), Selenium: 13.55µg (19.35%), Manganese: 0.39mg (19.3%), Zinc: 2.8mg (18.7%), Vitamin B12: 1.05µg (17.56%), Vitamin B6: 0.32mg (16.19%), Phosphorus: 147.45mg (14.75%), Iron: 2.55mg (14.17%), Vitamin B1: 0.18mg (11.83%), Potassium: 366.51mg (10.47%), Vitamin C: 8.56mg (10.38%), Vitamin B2: 0.17mg (10.16%), Copper: 0.17mg (8.51%), Magnesium: 29.69mg (7.42%), Fiber: 1.74g (6.97%), Vitamin B5: 0.65mg (6.48%), Folate: 24.18µg (6.04%), Calcium: 58.33mg (5.83%), Vitamin E: 0.7mg (4.67%), Vitamin K: 3.98µg (3.79%), Vitamin A: 94.13IU (1.88%)