

Cabbage Rolls III



Gluten Free



Dairy Free



Popular

READY IN



110 min.

SERVINGS



12

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large head cabbage
- ☐ 12 servings ground pepper black to taste
- ☐ 1 pound ground sausage
- ☐ 1 pound ground beef lean
- ☐ 1 onion finely chopped
- ☐ 12 servings salt to taste
- ☐ 32 ounce sauerkraut
- ☐ 1 cup water

☐ 0.8 cup rice white uncooked

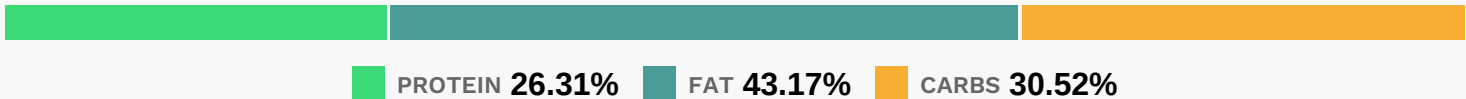
Equipment

- ☐ bowl
- ☐ pot
- ☐ toothpicks

Directions

- ☐ In a large bowl, combine the ground beef, sausage, chopped onion, rice, water, and salt and pepper.
- ☐ Bring a large pot of water a boil. Separate 12 to 15 large cabbage leaves from the head, and place in boiling water. Boil until soft, approximately 2 to 3 minutes.
- ☐ Remove from water, and set aside.
- ☐ Into the center of each leaf, place a small amount of the meat mixture. Fold in the sides, and roll up from the bottom. Secure with a toothpick.
- ☐ Place a layer of sauerkraut in the bottom of a large pot. Arrange cabbage rolls in a single layer over the sauerkraut. Cover with remaining sauerkraut.
- ☐ Pour in enough water to cover the rolls. Bring to a boil, lower heat, and simmer for 90 minutes.

Nutrition Facts



Properties

Glycemic Index:18.68, Glycemic Load:7.61, Inflammation Score:-5, Nutrition Score:18.616086804348%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 253.18kcal (12.66%), Fat: 12.22g (18.79%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 14.31g (5.2%), Sugar: 5.08g (5.64%), Cholesterol: 50.65mg (16.88%), Sodium: 979.52mg (42.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.5%), Vitamin K: 89.34µg (85.09%), Vitamin C: 50.12mg (60.75%), Vitamin B6: 0.52mg (26.07%), Vitamin B3: 4.4mg (22.01%), Manganese: 0.44mg (21.86%), Zinc: 3.22mg (21.47%), Fiber: 5.12g (20.5%), Vitamin B12: 1.17µg (19.47%), Phosphorus: 184.14mg (18.41%), Folate: 67.82µg (16.95%), Iron: 3.04mg (16.9%), Potassium: 557.9mg (15.94%), Vitamin B1: 0.21mg (14.08%), Selenium: 9.14µg (13.06%), Vitamin B2: 0.17mg (10.21%), Magnesium: 40.1mg (10.02%), Vitamin B5: 0.92mg (9.17%), Copper: 0.18mg (9%), Calcium: 77.58mg (7.76%), Vitamin D: 0.53µg (3.53%), Vitamin E: 0.46mg (3.03%), Vitamin A: 144.61IU (2.89%)