



California Wild Rice & Beef Cabbage Wrap With Crunchy Ricotta Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

Ingredients

- 0.3 cup carrots
- 0.5 pound ground beef
- 0.1 teaspoon ground pepper red
- 0.3 teaspoon pepper white
- 1 tablespoon seasoning italian
- 2 teaspoons paprika
- 0.5 cup ricotta cheese

- 0.3 teaspoon salt
- 3 tablespoons sunflower seeds toasted
- 2 tablespoons tomato paste
- 1 gallon water divided
- 6 leaves cabbage white
- 1 cup rice wild

Equipment

- bowl
- frying pan
- paper towels

Directions

- Cook 1 cup California wild rice according to package directions, adding tomato paste, Italian seasoning, and 2 teaspoons salt. In a large bowl, combine 1/2 gallon water and 2 cups ice, to make an ice bath. Bring 1/2 gallon water and 2 teaspoons salt to a boil, adjust heat to make water simmer.
- Add cabbage leaves, and cook for 1 to 2 minutes, or until cabbage leaves are soft.
- Remove cabbage from boiling water and place in ice bath until cabbage is cool.
- Drain cabbage leaves on paper towels.
- Heat up a frying pan and saute ground beef and flavor with paprika, white pepper, ground red pepper, and 1/2 teaspoon salt. Cook over medium-high heat until beef is browned and crumbles.
- Add wild rice mixture, stirring to combine, and set aside. In a small bowl, combine ricotta cheese, grated carrot, sunflower seeds, and remaining 1/4 teaspoon salt.
- Serve wild rice mixture in or wrapped with cabbage leaves with ricotta mixture on the side.

Nutrition Facts



PROTEIN 20.87% FAT 43.71% CARBS 35.42%

Properties

Glycemic Index:36.35, Glycemic Load:8.34, Inflammation Score:-7, Nutrition Score:10.826956521739%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 30.4%, Saltiness: 92.64%, Sourness: 42.55%, Bitterness: 100%, Savoriness: 24.17%, Fattiness: 24.86%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 200.74kcal (10.04%), Fat: 9.95g (15.31%), Saturated Fat: 3.69g (23.04%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 15.82g (5.75%), Sugar: 1.42g (1.58%), Cholesterol: 28.03mg (9.34%), Sodium: 165.09mg (7.18%), Protein: 10.7g (21.39%), Vitamin A: 1074.53IU (21.49%), Manganese: 0.4mg (20.22%), Zinc: 2.87mg (19.12%), Phosphorus: 188.24mg (18.82%), Magnesium: 63.78mg (15.94%), Vitamin B3: 3.12mg (15.6%), Copper: 0.29mg (14.67%), Vitamin E: 2.08mg (13.9%), Selenium: 9.33µg (13.33%), Vitamin B6: 0.26mg (13%), Vitamin B12: 0.66µg (10.99%), Iron: 1.68mg (9.33%), Fiber: 2.32g (9.29%), Vitamin B2: 0.16mg (9.2%), Folate: 34.69µg (8.67%), Potassium: 277.01mg (7.91%), Calcium: 72.95mg (7.3%), Vitamin B1: 0.1mg (6.74%), Vitamin K: 6.93µg (6.6%), Vitamin B5: 0.47mg (4.69%), Vitamin C: 1.49mg (1.81%)