

STARTER & SNACK

Dolmades: Stuffed Vine Leaves

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
90 min	30 min	60 min	12	\$0.70	162 kcal

The recipe Dolmades: Stuffed Vine Leaves can be made in approximately 1 hour and 30 minutes. This recipe makes 12 servings with 162 calories, 9g of protein, and 9g of fat each. For 70 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals. This recipe from Food...

Ingredients

- ☐ 4 small eggs, beaten
- ☐ 12 servings Fresh Parsley, finely chopped
- ☐ 1 leaves (16 ounce jar) brined grape
- ☐ 1 pound ground beef
- ☐ 3 lemons, juiced
- ☐ 12 servings Mint leaves, cut into chiffonade
- ☐ 12 servings Dried oregano
- ☐ 2/3 cup rice, uncooked
- ☐ 12 servings Salt and freshly ground black pepper
- ☐ 1 cup water
- ☐ 1 medium yellow onion, minced

EQUIPMENT Bowl, Frying pan, Oven, Whisk, Casserole dish

Method

- 1

In a bowl mix the raw ground beef, onion, oregano, parsley, mint, rice, salt, and pepper together.
- 2

Carefully, separate the vine leaves.
- 3

Place each leaf on a wooden board shiny side down, with its stem toward you. Put a teaspoon of the stuffing near the bottom of the leaf, fold the bottom and 2 sides to cover the filling, and roll tightly toward the tip of the leaf.

- 4 Place them in a casserole dish or pan and cover with several of the remaining grape leaves. Cover completely with stock or water and place in a preheated 350 degree F oven to bake for 1 hour, or until the rice and the leaves are tender and the juice absorbed.
- 5 Once the grape leaves are done, uncover them. Carefully pour any remaining liquid out of the pan into a bowl. In a separate bowl, mix the lemon into the eggs and beat until frothy. Slowly whisk in the remaining broth from the grape leaves into the egg/lemon mixture. If it is done too fast, the eggs will curdle.
- 6 Pour the entire egg mixture over the grape leaves and let sit to warm.
- 7 Serve cold as a meze (appetizer) or warm as an entree.

Nutrition per serving

162	9 g	9 g	11 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.4 g · 21% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			0.7 g · 1% of daily needs
Sodium			48.1 mg · 2% of daily needs
Cholesterol			74 mg · 25% of daily needs
Vitamin C			9.2 mg · 11% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/dolmades-stuffed-vine-leaves-142172](https://www.whatsheate.com/dolmades-stuffed-vine-leaves-142172)