



HEALTH SCORE

79%

Dolmas (Stuffed Grape Leaves)



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



8

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons currants dried
- ☐ 1 tablespoon dill weed dried
- ☐ 1 tablespoon mint leaves dried
- ☐ 8 ounce grape leaves drained and rinsed
- ☐ 1 teaspoon ground allspice
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon olive oil

- ☐ 2 onions minced
- ☐ 2 tablespoons pinenuts
- ☐ 2 tablespoons tomato paste
- ☐ 1.5 cups rice white uncooked

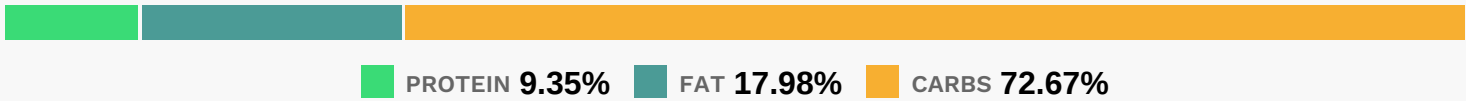
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Saute onions until tender. Stir in rice and hot water to cover. Cover and simmer until rice is half cooked, about 10 minutes.
- ☐ Remove from heat and stir in tomato paste, currants, pine nuts, cinnamon, mint leaves, dill weed, allspice and cumin.
- ☐ Let mixture cool.
- ☐ Prepare a large pot by placing an inverted plate on the bottom; this protects the dolmas from direct heat when steaming.
- ☐ Rinse grape leaves in warm water; drain and cut off any stems.
- ☐ Place about 1 teaspoon of the cooled rice mixture in the center of a leaf. Fold in the sides and then roll into a cigar shape.
- ☐ Place in prepared pot. Repeat with remaining ingredients.
- ☐ Pour in just enough warm water to reach the bottom of the first layer of dolmas. Cover and simmer over low heat for 30 to 45 minutes, or until rice is totally cooked. Check the water level often and add more as necessary.

Nutrition Facts



Properties

Glycemic Index:22.9, Glycemic Load:18.24, Inflammation Score:-10, Nutrition Score:16.811304299728%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 216.01kcal (10.8%), Fat: 4.46g (6.87%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 35.41g (12.88%), Sugar: 5.93g (6.59%), Cholesterol: 0mg (0%), Sodium: 40.86mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Vitamin A: 7917.66IU (158.35%), Manganese: 1.7mg (85%), Vitamin K: 34.24µg (32.61%), Fiber: 5.18g (20.72%), Calcium: 147.77mg (14.78%), Copper: 0.28mg (13.77%), Magnesium: 52.41mg (13.1%), Vitamin B6: 0.24mg (12.01%), Iron: 2.04mg (11.35%), Phosphorus: 99.83mg (9.98%), Vitamin E: 1.3mg (8.69%), Vitamin B2: 0.15mg (8.66%), Folate: 34.47µg (8.62%), Selenium: 5.94µg (8.48%), Vitamin B3: 1.61mg (8.03%), Vitamin C: 6.6mg (8%), Potassium: 269.43mg (7.7%), Zinc: 0.87mg (5.77%), Vitamin B5: 0.47mg (4.73%), Vitamin B1: 0.07mg (4.66%)