



## Floosh's Stuffed Cabbage

 Gluten Free

READY IN



115 min.

SERVINGS



7

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 tablespoon garlic chopped
- ☐ 1 tablespoon granulated sugar
- ☐ 1 extra large head cabbage green with a sharp knife large enough to yield 14 large leaves
- ☐ 1.3 pounds pd of ground turkey raw lean
- ☐ 0.3 cup catsup
- ☐ 2 cups tomatoes plain low-fat
- ☐ 0.8 cup onion finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 7 servings scallions chopped for optional garnish
- ☐ 0.3 cup low-sugar grape jam
- ☐ 1.5 tablespoons tomato paste
- ☐ 0.8 cup jellied cranberry sauce

## Equipment

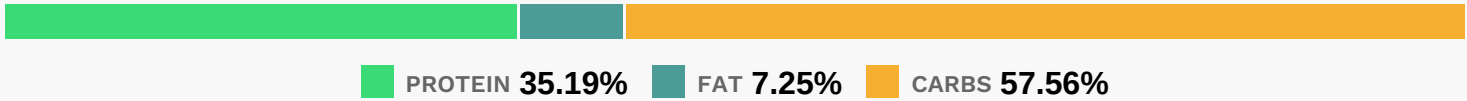
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ stove
- ☐ measuring cup
- ☐ tongs

## Directions

- ☐ Place cored cabbage head in an extra-large pot and cover with water. Bring the water to a boil on the stove. Once boiling, cover and cook for 5 to 7 minutes, rotating the cabbage occasionally with tongs or a large heat-resistant spoon, until the leaves soften, loosen, and begin to fall off the head.
- ☐ Remove the pot from heat. Carefully remove the cabbage head and leaves from the pot, drain it, and let it cool. Meanwhile, prepare the sauce and filling.
- ☐ Combine onion, garlic, turkey, ketchup, tomato paste, and sugar in a large bowl. Knead with your hands until the mixture is evenly combined. Set aside.
- ☐ Combine cranberry sauce, jam or preserves, marinara sauce, and salt in a large glass measuring cup, and stir with a whisk or fork until smooth. Set aside.
- ☐ Once the cabbage is cool enough to handle, gently remove 14 large leaves. (Refrigerate the rest for another use.)
- ☐ Prepare the (empty) extra-large pot used to boil the cabbage by spraying it lightly with nonstick spray.
- ☐ Lay one cabbage leaf on a dry surface and spoon 2 heaping tablespoons of filling into the center of it.

- ☐ Spread filling out slightly and roll the cabbage up around the filling like a burrito, folding the sides in first and then rolling it up from the bottom.
- ☐ Place it seam-side down in the pot. Repeat with remaining 13 leaves and remaining filling, gently stacking the rolls in the pot, if needed.
- ☐ Pour the sauce over the cabbage rolls, covering as much of the exposed cabbage as possible.
- ☐ Cover the pot and set the stove temperature to low heat. Cook for about 1 hour, until the filling is cooked through.
- ☐ Gently remove the cabbage rolls and serve topped with the sauce.
- ☐ Garnish with scallions, if you like!

## Nutrition Facts



## Properties

Glycemic Index:41.87, Glycemic Load:5.01, Inflammation Score:-7, Nutrition Score:22.983043432236%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

## Nutrients (% of daily need)

Calories: 232.31kcal (11.62%), Fat: 2.06g (3.17%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 31.27g (11.37%), Sugar: 25.65g (28.5%), Cholesterol: 44.55mg (14.85%), Sodium: 641.2mg (27.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.5g (44.99%), Vitamin K: 114.19µg (108.76%), Vitamin C: 56.47mg (68.45%), Vitamin B6: 0.99mg (49.34%), Vitamin B3: 9.21mg (46.07%), Selenium: 19.49µg (27.84%), Phosphorus: 252.54mg (25.25%), Potassium: 793.94mg (22.68%), Fiber: 5.52g (22.1%), Folate: 78.37µg (19.59%), Manganese: 0.37mg (18.43%), Magnesium: 56.67mg (14.17%), Vitamin B2: 0.22mg (13.14%), Iron: 2.35mg (13.05%), Zinc: 1.93mg (12.86%), Vitamin A: 634.2IU (12.68%), Vitamin E: 1.9mg (12.66%), Vitamin B5: 1.24mg (12.43%), Vitamin B1: 0.17mg (11.09%), Copper: 0.2mg (9.91%), Calcium: 78.31mg (7.83%), Vitamin B12: 0.41µg (6.88%), Vitamin D: 0.32µg (2.16%)