



## Golabki (Stuffed Cabbage Rolls)

 Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 head cabbage cored
- ☐ 32.3 ounce condensed tomato soup canned
- ☐ 1.5 cups rice cooked
- ☐ 1 teaspoon garlic finely chopped
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon ground pepper black plus more to taste
- ☐ 0.5 pound ground pork

- ☐ 0.5 cup catsup
- ☐ 1 large onion chopped
- ☐ 1 teaspoon salt plus more to taste
- ☐ 24 fluid ounce sacramento tomato juice to taste canned

## Equipment

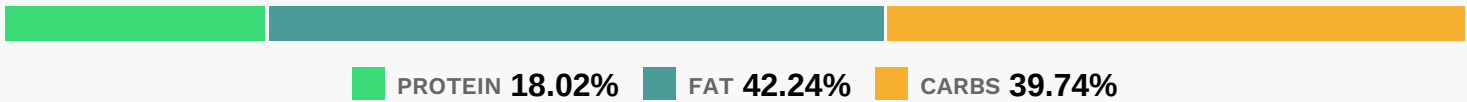
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish
- ☐ aluminum foil

## Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place cabbage head into water, cover pot, and cook until cabbage leaves are slightly softened enough to remove from head, 3 minutes.
- ☐ Remove cabbage from pot and let cabbage sit until leaves are cool enough to handle, about 10 minutes.
- ☐ Remove 18 whole leaves from the cabbage head, cutting out any thick tough center ribs. Set whole leaves aside. Chop the remainder of the cabbage head and spread it in the bottom of a casserole dish.
- ☐ Melt butter in a large skillet over medium-high heat. Cook and stir onion in hot butter until tender, 5 to 10 minutes. Cool.
- ☐ Stir onion, beef, pork, rice, garlic, 1 teaspoon salt, and 1/4 teaspoon pepper together in a large bowl.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place about 1/2 cup beef mixture on a cabbage leaf.

- ☐ Roll cabbage around beef mixture, tucking in sides to create an envelope around the meat. Repeat with remaining leaves and meat mixture.
- ☐ Place cabbage rolls in a layer atop the chopped cabbage in the casserole dish; season rolls with salt and black pepper.
- ☐ Whisk tomato soup, tomato juice, and ketchup together in a bowl.
- ☐ Pour tomato soup mixture over cabbage rolls and cover dish with aluminum foil.
- ☐ Bake in the preheated oven until cabbage is tender and meat is cooked through, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:45.81, Glycemic Load:18.75, Inflammation Score:-8, Nutrition Score:27.173478162807%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

## Nutrients (% of daily need)

Calories: 437.74kcal (21.89%), Fat: 21.17g (32.57%), Saturated Fat: 8.62g (53.88%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 38.53g (14.01%), Sugar: 20.95g (23.28%), Cholesterol: 68.19mg (22.73%), Sodium: 1072.6mg (46.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.32g (40.63%), Vitamin K: 96.52µg (91.92%), Vitamin C: 66.76mg (80.92%), Potassium: 1412.73mg (40.36%), Vitamin B6: 0.74mg (37.12%), Manganese: 0.7mg (35.2%), Selenium: 22.29µg (31.85%), Vitamin B3: 6.32mg (31.58%), Vitamin B1: 0.43mg (28.86%), Zinc: 3.85mg (25.7%), Phosphorus: 256.11mg (25.61%), Fiber: 6.29g (25.14%), Vitamin B12: 1.42µg (23.63%), Iron: 3.88mg (21.54%), Vitamin A: 917.1IU (18.34%), Folate: 71.65µg (17.91%), Magnesium: 70.05mg (17.51%), Vitamin B2: 0.29mg (17.34%), Copper: 0.33mg (16.55%), Vitamin E: 2.22mg (14.78%), Calcium: 116.09mg (11.61%), Vitamin B5: 1.11mg (11.14%)