



Grape Leaves Stuffed with Rice, Currants, and Herbs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons currants dried
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1.5 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1.5 tablespoons mint leaves fresh chopped
- ☐ 24 large grape leaves

- ☐ 0.5 cup green onions chopped
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 8 lemon wedges
- ☐ 1 cup onion finely chopped
- ☐ 2 tablespoons pinenuts
- ☐ 0.5 cup rice long-grain uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

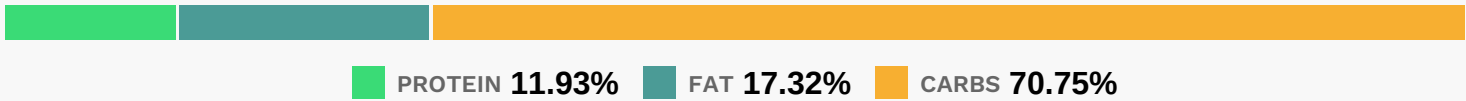
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rinse grape leaves with cold water; drain well. Pat dry with paper towels.
- ☐ Remove stems; discard. Set aside.
- ☐ y?y?rge nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add 1 cup chopped onion; cook 7 minutes or until tender, stirring occasionally.
- ☐ Add rice, green onions, and nuts; cook 4 minutes, stirring frequently. Stir in water and next 7 ingredients (through cinnamon); bring to a boil. Cover, reduce heat, and simmer 15 minutes or until rice is tender. Cool slightly.
- ☐ Spoon 1 rounded tablespoon rice mixture onto center of each grape leaf. Fold one side of leaf over filling. Fold opposite side of leaf over filling. Beginning at 1 short side, roll up leaf tightly, jelly-roll fashion. Steam grape leaves, covered, 10 minutes or until thoroughly heated. Cool to room temperature.
- ☐ Serve with yogurt and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:31.84, Glycemic Load:7.07, Inflammation Score:-9, Nutrition Score:10.359130434368%

Flavonoids

Eriodictyol: 4.13mg, Eriodictyol: 4.13mg, Eriodictyol: 4.13mg, Eriodictyol: 4.13mg Hesperetin: 5.12mg, Hesperetin: 5.12mg, Hesperetin: 5.12mg, Hesperetin: 5.12mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 103.35kcal (5.17%), Fat: 2.12g (3.26%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 16.92g (6.15%), Sugar: 5.64g (6.26%), Cholesterol: 0.31mg (0.1%), Sodium: 164.73mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin A: 2678.38IU (53.57%), Vitamin K: 40.82µg (38.87%), Manganese: 0.69mg (34.49%), Vitamin C: 15.22mg (18.45%), Fiber: 2.55g (10.19%), Calcium: 89.24mg (8.92%), Phosphorus: 76.04mg (7.6%), Magnesium: 28.38mg (7.1%), Copper: 0.14mg (6.97%), Vitamin B6: 0.12mg (6.06%), Vitamin B2: 0.1mg (6.01%), Folate: 23.95µg (5.99%), Potassium: 204.6mg (5.85%), Iron: 0.92mg (5.1%), Zinc: 0.61mg (4.04%), Selenium: 2.64µg (3.77%), Vitamin B1: 0.06mg (3.72%), Vitamin B3: 0.69mg (3.46%), Vitamin E: 0.5mg (3.36%), Vitamin B5: 0.32mg (3.18%), Vitamin B12: 0.09µg (1.56%)