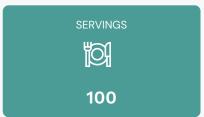


Grilled Grape Leaves Stuffed with Sausage and Goat Cheese

Gluten Free



19 min.





SIDE DISH

Ingredients

O.1 teaspoon pepper black freshly ground
1 tablespoon olive oil extra virgin
100 servings olive oil extra virgin
1 tablespoon herbs: rosemary mixed fresh chopped (thyme, basil, rosemary, and parsley)
8 ounces goat cheese
12 large grape leaves dried rinsed
8 ounces sausage meat

	0.5 teaspoon kosher salt	
	1 tablespoon juice of lemon fresh	
Εq	uipment	
	frying pan	
	grill	
Directions		
	Preheat grill to high heat (400 to 450).	
	Remove sausage from casing, if necessary, and cook in a small skillet over medium-high heat until browned.	
	Drain.	
	Stir together sausage, goat cheese, and next 5 ingredients.	
	Spread out 1 grape leaf on a work surface.	
	Place 1 heaping tablespoon sausage mixture in the middle. Fold left side over filling, then right side. Starting at the bottom, gently roll into a packet. Repeat with remaining sausage mixture and grape leaves.	
	Place stuffed leaves, seam sides down, in a pie plate or shallow dish.	
	Brush with olive oil.	
	Grill stuffed grape leaves 1 minute on each side or until cheese is soft.	
	Place on platter; cover and keep warm until ready to serve.	
	Nutrition Facts	
	PROTEIN 2.23% FAT 97.55% CARBS 0.22%	
Properties		

Glycemic Index:0.92, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5017391336353%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Apigenin: 0.1mg, Apigenin: 0.1mg,

0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 138.27kcal (6.91%), Fat: 15.23g (23.43%), Saturated Fat: 2.48g (15.52%), Carbohydrates: 0.08g (0.03%), Net Carbohydrates: 0.03g (0.01%), Sugar: 0.05g (0.05%), Cholesterol: 2.68mg (0.89%), Sodium: 34.74mg (1.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.57%), Vitamin E: 2.05mg (13.68%), Vitamin K: 9.61µg (9.16%), Vitamin A: 127.6IU (2.55%)