



Grilled Grape Leaves Stuffed with Sausage and Goat Cheese

 Gluten Free

READY IN



19 min.

SERVINGS



100

CALORIES



138 kcal

SIDE DISH

Ingredients

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

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh

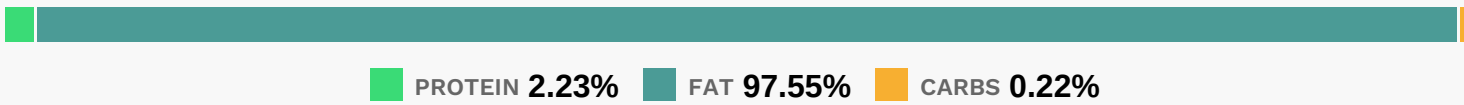
Equipment

- ☐ 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



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, Hesperetin: 0.02mg Apigenin: 0.1mg, Apigenin: 0.1mg, 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, 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: 0g (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%)