

Halupki (Stuffed Cabbage)



Gluten Free



Dairy Free



Popular

READY IN



210 min.

SERVINGS



10

CALORIES



373 kcal

SIDE DISH

Ingredients

- ☐ 1 head cabbage cored
- ☐ 28 ounce tomato sauce canned
- ☐ 1.5 cups rice white cooked
- ☐ 2 eggs slightly beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 pounds ground pork

- ☐ 1.5 pounds ground beef lean
- ☐ 0.3 cup onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 10 servings water to cover
- ☐ 2.7 tablespoons sugar white
- ☐ 0.3 cup vinegar white

Equipment

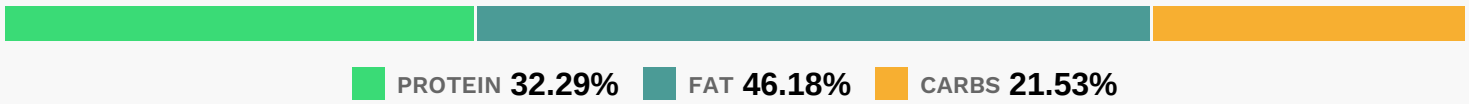
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Place the cabbage in a stockpot with enough water to cover.
- ☐ Add 1/4 teaspoon salt to the water and cabbage.
- ☐ Bring water to a boil over medium-high heat. Turn cabbage every 2-3 minutes and remove leaves that separate from cabbage and place in a strainer to cool. Boil until all the leaves have cooked, about 15 minutes.
- ☐ Reserve 12 oz. of cabbage water.
- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Trim thick center vein off of bottom of each cabbage leaf.
- ☐ In a large bowl thoroughly mix together, ground beef, ground pork, rice, chopped onion, fresh parsley, egg, garlic powder, salt, and pepper.
- ☐ Lightly pack a small amount of meat mixture and place in the center of the cabbage leaf.
- ☐ Fold sides over the filling and start at the stem and roll the cabbage up until the meat is encased. Repeat with remaining leaves and filling.
- ☐ Cut the leftover leaves into pieces and place into the bottom of a roasting pan.

- ☐
- Layer the stuffed cabbage rolls over the cut leaves.
- ☐
- In a bowl, mix the tomato sauce, reserved cabbage water, white vinegar, and white sugar.
- ☐
- Pour the tomato sauce mixture over the cabbage rolls.
- ☐
- Cover roasting pan with aluminum foil.
- ☐
- Bake in preheated oven until the ground beef mixture is no longer pink in the center, about 2 1/2 hours. Baste stuffed cabbage rolls every hour.

Nutrition Facts



Properties

Glycemic Index:41.41, Glycemic Load:12.2, Inflammation Score:-6, Nutrition Score:25.783043648886%

Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 373.4kcal (18.67%), Fat: 19.08g (29.35%), Saturated Fat: 7.25g (45.29%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 16.32g (5.93%), Sugar: 9.15g (10.17%), Cholesterol: 123.91mg (41.3%), Sodium: 617.32mg (26.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.02g (60.03%), Vitamin K: 84.76µg (80.73%), Vitamin C: 40.63mg (49.25%), Selenium: 33.92µg (48.45%), Vitamin B1: 0.61mg (40.8%), Vitamin B3: 7.81mg (39.04%), Vitamin B6: 0.76mg (38.15%), Zinc: 5.57mg (37.16%), Vitamin B12: 2.08µg (34.64%), Phosphorus: 329.1mg (32.91%), Potassium: 854.85mg (24.42%), Vitamin B2: 0.4mg (23.74%), Iron: 3.69mg (20.49%), Manganese: 0.38mg (19.14%), Vitamin B5: 1.57mg (15.67%), Folate: 59.9µg (14.98%), Fiber: 3.69g (14.75%), Magnesium: 58.12mg (14.53%), Copper: 0.26mg (12.88%), Vitamin A: 553IU (11.06%), Vitamin E: 1.58mg (10.54%), Calcium: 80.55mg (8.05%), Vitamin D: 0.24µg (1.63%)