



Indios de Guiso (Colombian-Style Stuffed Cabbage)

READY IN



45 min.

SERVINGS



6

CALORIES



499 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup beef broth
- ☐ 0.5 cup bread crumbs
- ☐ 4 tablespoons butter
- ☐ 0.5 cup chicken broth
- ☐ 2 eggs cooked chopped
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves minced
- ☐ 0.5 pound ground beef

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 pound ground pork
- ☐ 2 cups milk
- ☐ 12 cabbage leaves
- ☐ 2 tablespoons oil
- ☐ 0.5 cup onion chopped
- ☐ 1 large potatoes diced cooked
- ☐ 0.3 cup bell pepper red
- ☐ 0.3 cup bell pepper red chopped
- ☐ 6 servings salt and pepper
- ☐ 1 scallion chopped
- ☐ 1 cup tomatoes chopped
- ☐ 3 cups tomatoes chopped

Equipment

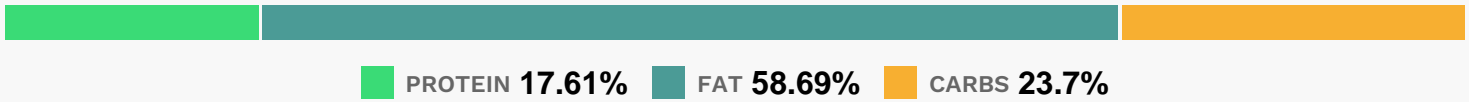
- ☐ sauce pan
- ☐ knife
- ☐ pot

Directions

- ☐ To make the cabbage rolls, bring a large pot of salted water to a boil over high heat. Using a sharp paring knife, cut out the core from the cabbage. Lower the cabbage into the boiling water and cook until the leaves soften, about 5 minutes.
- ☐ Remove and set aside to cool. When the cabbage is cool enough to handle, gently peel off 12 large outer leaves.
- ☐ Drain the leaves and let cool.o make the filling: In a large pot over medium heat, heat the oil, add the onion, red bell pepper, scallion, tomato and garlic to the pot and saut over medium heat until the vegetables are tender, about 5 minutes.
- ☐ Add the pork, beef, cumin and beef broth.

- ☐ Add the cooked egg, cooked potato and bread crumbs. Stir well and set aside.To make the sauce, heat the butter in a large sauce pan, add the onions, and cook over medium-low heat for 8 minutes, until the onions are translucent.
- ☐ Add the tomatoes, red bell pepper, garlic, cumin, salt, and pepper. Cook for about 5 minutes more.
- ☐ Add the milk and chicken broth.
- ☐ Remove the hard triangular rib from the base of each cabbage leaf with a small sharp knife.
- ☐ Place about 1/4 cup of filling in an oval shape near the rib edge of each leaf and roll up toward the outer edge, tucking the sides in as you roll.
- ☐ Place the cabbage rolls, seam sides down, over the sauce in the sauce pan and cook covered for about 15 minutes over low heat.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:78.79, Glycemic Load:11.33, Inflammation Score:-9, Nutrition Score:26.769130499467%

Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 498.84kcal (24.94%), Fat: 32.89g (50.6%), Saturated Fat: 13.2g (82.51%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 25.59g (9.31%), Sugar: 9.74g (10.83%), Cholesterol: 138.83mg (46.28%), Sodium: 543.99mg (23.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.21g (44.41%), Vitamin C: 61.52mg (74.57%), Vitamin K: 43.54µg (41.47%), Vitamin B6: 0.82mg (41.23%), Vitamin A: 1934.25IU (38.68%), Vitamin B1: 0.57mg (37.71%), Selenium: 24.38µg (34.83%), Phosphorus: 344.53mg (34.45%), Potassium: 1079.75mg (30.85%), Vitamin B3: 5.72mg (28.6%), Vitamin B12: 1.7µg (28.36%), Vitamin B2: 0.46mg (27.32%), Folate: 101.09µg (25.27%), Manganese: 0.5mg (25.01%), Zinc: 3.67mg (24.48%), Calcium: 213.89mg (21.39%), Iron: 3.19mg (17.72%), Fiber: 4.29g (17.16%), Magnesium: 67.61mg (16.9%), Vitamin E: 2.27mg (15.12%), Vitamin B5: 1.44mg (14.36%), Copper: 0.24mg (12.04%), Vitamin D: 1.23µg (8.17%)