Lamb & Rice Stuffed Cabbage Rolls

Gluten Free

READY IN	SERVINGS	CALORIES
165 min.	8	413 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 tablespoons almonds sliced
- [ ] 2 bay leaves
- [ ] 0.3 cup butter
- [ ] 1 head cabbage
- [ ] 0.3 teaspoon cayenne pepper
- [ ] 3.5 cups chicken broth
- [ ] 1 tablespoon currants dried
- [ ] 0.3 cup feta cheese crumbled

- [ ] 4 cloves garlic crushed
- [ ] 0.5 teaspoon ground cinnamon
- [ ] 1 teaspoon ground cumin
- [ ] 1 pound lamb
- [ ] 1 teaspoon ground pepper black
- [ ] 8 servings salt and ground pepper black to taste
- [ ] 2 tablespoons olive oil
- [ ] 0.5 onion sliced
- [ ] 1 pinch oregano dried
- [ ] 2 tablespoons parsley italian chopped
- [ ] 2 teaspoons salt
- [ ] 1 cup tomato purée
- [ ] 1 cup rice white

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] paper towels
- [ ] oven
- [ ] pot
- [ ] casserole dish
- [ ] dutch oven

Directions

- [ ] Melt butter in large skillet over medium heat; heat oil in the melted butter. Cook and stir 1/2 diced onion until translucent, about 8 minutes.
- [ ] Add garlic and cook and stir for 1 minute.
- [ ] Remove from heat. Stir in 1 teaspoon black pepper, cumin, cinnamon, cayenne pepper, and oregano. Set aside to cool to room temperature.

- [ ] Combine lamb, rice, 2 teaspoons salt, 1/4 cup parsley, almonds, and currants in a large bowl.
- [ ] Add cooled onion mixture and mix until combined. Cover and place in the refrigerator until ready to use.
- [ ] Fill a large pot halfway with water and bring to a boil.
- [ ] Remove the core from the cabbage head and place the head in the boiling water. Cover and simmer until leaves begin to fall away, about 5 minutes.
- [ ] Remove the 2 outer layers of leaves to a paper towel-lined plate, cover and continue cooking for 1 to 2 more minutes.
- [ ] Remove the remaining large leaves to the plate. You will need 8 large and about 7 smaller leaves.
- [ ] Preheat oven to 350 degrees F (175 degrees C).
- [ ] Take 1 cabbage leaf and remove the root end.
- [ ] Place about 1/2 cup of the lamb mixture toward the bottom edge of the cabbage leaf and roll into a log. Repeat with remaining lamb mixture and 7 more large leaves to create 8 cabbage rolls.
- [ ] Line the bottom of a large casserole dish or Dutch oven with 4 or 5 smaller cabbage leaves.
- [ ] Place cabbage rolls on top; season with salt and black pepper.
- [ ] Add bay leaves and tomato puree.
- [ ] Pour in chicken broth.
- [ ] Sprinkle 1/2 sliced onion over the top and cover with 3 or 4 more cabbage leaves. Cover casserole.
- [ ] Bake in the preheated oven until the lamb is tender and the rice is cooked, 1 hour and 15 minutes to 1 hour and 30 minutes.
- [ ] Remove from the oven and allow to rest for 30 minutes.
- [ ] Serve with pan juices poured over the top and garnished with feta cheese and 2 tablespoons parsley.

Nutrition Facts

PROTEIN **14.59%** FAT **54.58%** CARBS **30.83%**

Properties

Glycemic Index:52.15, Glycemic Load:13.54, Inflammation Score:-7, Nutrition Score:21.829130421514%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 413.2kcal (20.66%), Fat: 25.44g (39.14%), Saturated Fat: 10.75g (67.17%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 27.79g (10.1%), Sugar: 7.3g (8.11%), Cholesterol: 62.87mg (20.96%), Sodium: 1128.58mg (49.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.31g (30.61%), Vitamin K: 109.39µg (104.18%), Vitamin C: 47.49mg (57.56%), Manganese: 0.73mg (36.48%), Vitamin B3: 4.95mg (24.73%), Vitamin B12: 1.42µg (23.69%), Selenium: 16.31µg (23.3%), Vitamin B2: 0.34mg (20.15%), Phosphorus: 200.69mg (20.07%), Zinc: 2.87mg (19.12%), Fiber: 4.55g (18.19%), Vitamin B6: 0.35mg (17.74%), Folate: 70.57µg (17.64%), Potassium: 578.15mg (16.52%), Vitamin E: 2.36mg (15.74%), Iron: 2.77mg (15.38%), Copper: 0.29mg (14.44%), Vitamin B1: 0.2mg (13.5%), Magnesium: 51.65mg (12.91%), Vitamin A: 596.49IU (11.93%), Calcium: 115.84mg (11.58%), Vitamin B5: 1.09mg (10.9%)