



Lamb & Rice Stuffed Cabbage Rolls

 Gluten Free

READY IN



165 min.

SERVINGS



8

CALORIES



400 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
- ☐ 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 teaspoons salt
- ☐ 1 cup tomato purée
- ☐ 1 cup rice white

Equipment

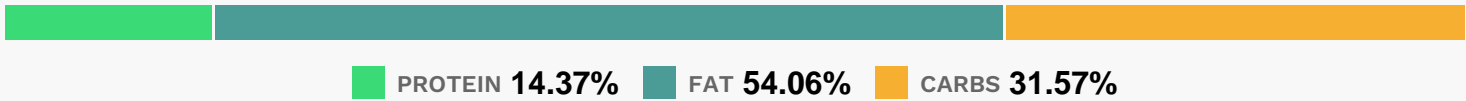
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ dutch oven

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



Properties

Glycemic Index:44.77, Glycemic Load:13.48, Inflammation Score:-6, Nutrition Score:20.531739188277%

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: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 400.42kcal (20.02%), Fat: 24.43g (37.58%), Saturated Fat: 10.12g (63.27%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 27.58g (10.03%), Sugar: 7.29g (8.1%), Cholesterol: 58.7mg (19.57%), Sodium: 1074.59mg (46.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Vitamin K: 92.91µg (88.49%), Vitamin C: 46.16mg (55.95%), Manganese: 0.73mg (36.33%), Vitamin B3: 4.89mg (24.43%), Vitamin B12: 1.34µg (22.37%), Selenium: 15.61µg (22.3%), Phosphorus: 184.32mg (18.43%), Zinc: 2.72mg (18.15%), Fiber: 4.51g (18.06%), Vitamin B2: 0.3mg (17.76%), Folate: 67.55µg (16.89%), Vitamin B6: 0.33mg (16.7%), Potassium: 569.71mg (16.28%), Vitamin E: 2.34mg (15.63%), Iron: 2.68mg (14.87%), Copper: 0.29mg (14.29%), Vitamin B1: 0.19mg (12.96%), Magnesium: 50.26mg (12.57%), Vitamin B5: 1.04mg (10.4%), Vitamin A: 492.47IU (9.85%), Calcium: 91.35mg (9.14%)