



Lamb-Stuffed Grape Leaves



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons golden raisins
- ☐ 30 large bottled grape leaves
- ☐ 0.5 cup green onions chopped (3)
- ☐ 3 ounces lamb lean

- ☐ 2 tablespoons pinenuts
- ☐ 0.5 cup rice long-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water
- ☐ 1.5 cups onion yellow finely chopped (1 medium)

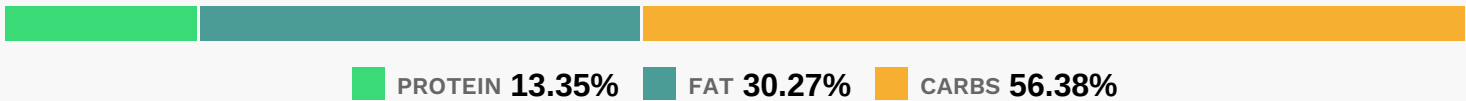
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add yellow onion to pan; cook 4 minutes, stirring occasionally.
- ☐ Add green onions, rice, and nuts; cook 2 minutes, stirring frequently. Stir in 1/2 cup water and next 6 ingredients (through pepper); bring to a boil. Cover, reduce heat, and simmer 8 minutes or until liquid is absorbed.
- ☐ Remove from heat; cool. Stir in lamb.
- ☐ Rinse grape leaves with cold water; drain well. Pat dry with paper towels.
- ☐ Remove stems; discard.
- ☐ Spoon 1 tablespoon rice mixture onto center of each grape leaf. Bring 2 opposite points of leaf to center; fold over filling. Beginning at 1 short side, roll up leaf tightly, jelly-roll fashion.
- ☐ Place stuffed grape leaves, seam sides down, in a vegetable steamer. Steam 1 hour and 30 minutes.

Nutrition Facts



Properties

Glycemic Index:31.98, Glycemic Load:7.9, Inflammation Score:-9, Nutrition Score:10.160434764364%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 123.36kcal (6.17%), Fat: 4.31g (6.63%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 15.6g (5.67%), Sugar: 4.46g (4.95%), Cholesterol: 7.76mg (2.59%), Sodium: 86.91mg (3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.55%), Vitamin A: 3305.15IU (66.1%), Vitamin K: 43.27µg (41.21%), Manganese: 0.75mg (37.65%), Fiber: 2.45g (9.81%), Vitamin C: 6.6mg (8%), Copper: 0.14mg (7.23%), Magnesium: 27.23mg (6.81%), Calcium: 64.21mg (6.42%), Vitamin B6: 0.12mg (6.06%), Folate: 24.03µg (6.01%), Iron: 1.04mg (5.77%), Phosphorus: 54.89mg (5.49%), Potassium: 162.08mg (4.63%), Vitamin B2: 0.08mg (4.48%), Vitamin B3: 0.71mg (3.54%), Vitamin E: 0.52mg (3.49%), Zinc: 0.48mg (3.19%), Selenium: 2.08µg (2.98%), Vitamin B1: 0.04mg (2.75%), Vitamin B5: 0.21mg (2.07%)