



Meat, Bulgur, and Rice Dolmades

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons bulgur uncooked
- ☐ 1 tablespoon cornstarch
- ☐ 3 tablespoons optional: dill dried fresh chopped
- ☐ 15.8 ounce fat-skimmed beef broth fat-free canned
- ☐ 1 cup fennel bulb coarsely chopped (1 bulb)
- ☐ 30 large grape leaves
- ☐ 0.3 cup spring onion coarsely chopped
- ☐ 0.5 pound ground round

- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 cup onion coarsely chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons rice medium-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 large tomatoes cored cut in half crosswise (1 pound)
- ☐ 1 tablespoon water

Equipment

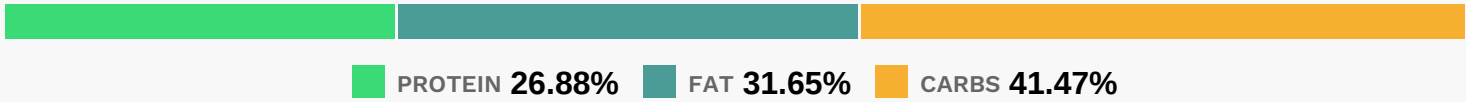
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Combine first 3 ingredients in a food processor, and process until minced.
- ☐ Combine the fennel mixture with beef, rice, bulgur, and oil. Grate tomato halves over mixture; discard skin.
- ☐ Sprinkle beef mixture with pepper and salt; stir to combine.
- ☐ Rinse grape leaves under cold water; drain and pat dry with paper towels.
- ☐ Remove stems, and discard. Spoon 1 rounded tablespoon of beef mixture onto the center of each grape leaf. Bring 2 opposite points of leaf to center, and fold over filling. Beginning at 1 short side, roll up leaf tightly, jelly-roll fashion. Repeat procedure with remaining grape leaves.
- ☐ Place stuffed grape leaves close together, seam sides down, in a Dutch oven coated with cooking spray.
- ☐ Add broth and juice; bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Carefully remove dolmades from pan.
- ☐ Combine cornstarch and water. Stir cornstarch mixture into broth; bring to a boil; cook for 1 minute. Stir in dill.

- ☐ Serve with dolmades.
- ☐ Garnish with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:5.34, Inflammation Score:-10, Nutrition Score:16.168260906054%

Flavonoids

Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 151.29kcal (7.56%), Fat: 5.48g (8.43%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 12.2g (4.44%), Sugar: 3.38g (3.75%), Cholesterol: 24.57mg (8.19%), Sodium: 441.93mg (19.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.93%), Vitamin A: 4507.97IU (90.16%), Manganese: 0.74mg (36.76%), Vitamin K: 37.64µg (35.85%), Vitamin B3: 3.48mg (17.42%), Vitamin B12: 0.98µg (16.4%), Vitamin C: 13.44mg (16.29%), Fiber: 3.94g (15.77%), Zinc: 2.21mg (14.73%), Vitamin B6: 0.29mg (14.67%), Phosphorus: 132.41mg (13.24%), Selenium: 9.18µg (13.11%), Iron: 2.02mg (11.2%), Folate: 44.22µg (11.06%), Potassium: 386.57mg (11.04%), Magnesium: 40.78mg (10.19%), Vitamin B2: 0.16mg (9.22%), Copper: 0.17mg (8.57%), Calcium: 81.79mg (8.18%), Vitamin E: 0.92mg (6.13%), Vitamin B1: 0.09mg (6.03%), Vitamin B5: 0.56mg (5.6%)