



Middle Eastern Stuffed Cabbage Rolls



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



930 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin
- ☐ 6 ounces turkey sausage sweet italian (2 links)
- ☐ 8 large cabbage leaves green
- ☐ 2 cups onion chopped
- ☐ 1.5 tablespoons pinenuts

- ☐ 0.5 cup converted rice uncooked
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Steam the cabbage leaves, covered, 3 minutes or until tender. Keep warm.
- ☐ Remove casings from sausage. Cook sausage, onion, and nuts in a large nonstick skillet coated with cooking spray over medium heat 6 minutes or until the sausage is browned, stirring to crumble. Stir in rice and next 4 ingredients (rice through cumin); cook for 2 minutes.
- ☐ Remove from heat.
- ☐ Place the mixture in a medium bowl; cool slightly.
- ☐ Place 1/4 cup sausage mixture in center of each cabbage leaf. Fold in edges of leaves; roll up.
- ☐ Place cabbage rolls, seam sides down, in pan.
- ☐ Combine water and tomato sauce; pour over rolls. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until the rice is done.

Nutrition Facts



Properties

Glycemic Index:75.07, Glycemic Load:50.43, Inflammation Score:-10, Nutrition Score:65.656521880108%

Flavonoids

Apigenin: 2mg, Apigenin: 2mg, Apigenin: 2mg, Apigenin: 2mg Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 5.01mg, Kaempferol: 5.01mg, Kaempferol: 5.01mg, Kaempferol: 5.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 23.23mg, Quercetin: 23.23mg, Quercetin: 23.23mg, Quercetin: 23.23mg

Nutrients (% of daily need)

Calories: 929.73kcal (46.49%), Fat: 18.83g (28.97%), Saturated Fat: 5.93g (37.06%), Carbohydrates: 175.35g (58.45%), Net Carbohydrates: 110.13g (40.05%), Sugar: 85.95g (95.5%), Cholesterol: 32.32mg (10.77%), Sodium: 1035.13mg (45.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.77g (83.54%), Vitamin K: 1901µg (1810.47%), Vitamin C: 924.37mg (1120.45%), Folate: 1100.18µg (275.05%), Fiber: 65.22g (260.89%), Manganese: 4.82mg (240.77%), Vitamin B6: 3.42mg (170.84%), Potassium: 4689.59mg (133.99%), Vitamin B1: 1.85mg (123.02%), Calcium: 1044.85mg (104.49%), Magnesium: 338.24mg (84.56%), Phosphorus: 796.93mg (79.69%), Iron: 13.45mg (74.72%), Vitamin B2: 1.15mg (67.58%), Vitamin B5: 6.03mg (60.29%), Vitamin A: 2697.27IU (53.95%), Vitamin B3: 8.42mg (42.12%), Zinc: 6.02mg (40.16%), Copper: 0.71mg (35.62%), Vitamin E: 4.96mg (33.08%), Selenium: 22.31µg (31.88%), Vitamin B12: 0.39µg (6.45%)