



Polish Cabbage Rolls (Golumpki)



Gluten Free



Dairy Free



Very Healthy

READY IN



165 min.

SERVINGS



9

CALORIES



1066 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 pound bulk turkey sausage italian
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 1 tablespoon canola oil
- ☐ 0.7 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 1 large eggs lightly beaten
- ☐ 3 tablespoons parsley fresh chopped

- ☐ 3 garlic cloves minced
- ☐ 0.8 teaspoon ground pepper black divided
- ☐ 1 pound ground beef 93% lean
- ☐ 1.5 cups lower-sodium chicken broth fat-free
- ☐ 18 large cabbage leaves green
- ☐ 2.3 cups onion finely chopped
- ☐ 1.3 cups rice medium-grain uncooked
- ☐ 0.1 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large Dutch oven over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion, carrot, and celery; saut 6 minutes.
- ☐ Add rice and garlic; cook 3 minutes, stirring to coat rice with oil. Spoon rice mixture into a large bowl; crumble sausage and beef into bowl.
- ☐ Add parsley, 1/2 teaspoon pepper, and egg; stir well.
- ☐ Steam cabbage leaves, covered, 6 to 8 minutes or until tender and pliable.
- ☐ Remove cabbage from steamer.
- ☐ Let cool slightly.
- ☐ Working with 1 cabbage leaf at a time, place about 1/2 cup meat mixture in center of leaf. Fold in edges of leaf; roll up. Repeat procedure with remaining cabbage leaves and meat mixture to form 18 cabbage rolls; set aside.

- ☐ Combine crushed tomatoes, broth, brown sugar, salt, and remaining 1/4 teaspoon pepper in Dutch oven; bring to a simmer over medium, and cook 15 minutes, stirring occasionally.
- ☐ Remove from heat.
- ☐ Add cabbage rolls to pan, nestling them into sauce and spoon sauce over rolls. Cover pan with lid, and bake at 350 for 1 1/2 to 2 hours or until rice is tender and meat mixture is no longer pink.
- ☐ Serve sauce over cabbage rolls.

Nutrition Facts



Properties

Glycemic Index:43.54, Glycemic Load:59.99, Inflammation Score:-10, Nutrition Score:73.032609198404%

Flavonoids

Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 4.81mg, Kaempferol: 4.81mg, Kaempferol: 4.81mg, Kaempferol: 4.81mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 15.17mg, Quercetin: 15.17mg, Quercetin: 15.17mg, Quercetin: 15.17mg

Nutrients (% of daily need)

Calories: 1065.61kcal (53.28%), Fat: 23.4g (36%), Saturated Fat: 8.06g (50.37%), Carbohydrates: 184.21g (61.4%), Net Carbohydrates: 118.08g (42.94%), Sugar: 87.31g (97.01%), Cholesterol: 90.22mg (30.07%), Sodium: 1095.19mg (47.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.56g (111.12%), Vitamin K: 1928.12µg (1836.31%), Vitamin C: 928.44mg (1125.38%), Folate: 1183.33µg (295.83%), Fiber: 66.14g (264.55%), Manganese: 4.64mg (232.18%), Vitamin B6: 3.72mg (186.08%), Potassium: 5034.87mg (143.85%), Vitamin B1: 2.11mg (140.85%), Calcium: 1066.18mg (106.62%), Iron: 16.41mg (91.16%), Phosphorus: 909.64mg (90.96%), Vitamin A: 4389IU (87.78%), Magnesium: 350.61mg (87.65%), Vitamin B2: 1.27mg (74.91%), Vitamin B5: 6.73mg (67.3%), Vitamin B3: 12.87mg (64.33%), Zinc: 8.76mg (58.39%), Selenium: 36.35µg (51.93%), Copper: 0.82mg (40.87%), Vitamin E: 5.42mg (36.11%), Vitamin B12: 1.64µg (27.28%), Vitamin D: 0.16µg (1.08%)