



Rice-filled Grape Leaves



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup currants dried
- ☐ 1 cup cooking wine dry white
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 clove garlic minced mashed
- ☐ 8 oz grape leaves
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon suya seasoning mix dried italian
- ☐ 0.3 cup tomato sauce
- ☐ 0.8 cup rice long-grain white

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ kitchen scissors

Directions

- ☐ In a 2- to 3-quart pan over medium-high heat, frequently stir oil and onion until onion is limp, 7 to 9 minutes.
- ☐ Add rice and stir 1 to 2 minutes more.
- ☐ Add wine, 1/4 cup water, tomato sauce, mint, currants, garlic, Italian seasoning, and pepper.
- ☐ Mix and bring to a boil. Cover and simmer over low heat, stirring occasionally, until rice is almost tender to bite, 12 to 15 minutes. Uncover and let cool at least 20 minutes.
- ☐ Meanwhile, rinse grape leaves, drain, and pat dry. Line the bottom of a 9- by 13-inch baking dish with 5 or 6 leaves. Reserve 5 or 6 additional leaves.
- ☐ With scissors, trim stems from remaining leaves. To fill each leaf, place underside of leaf up with stem end toward you. Shape 1 tablespoon seasoned rice filling into a 2-inch log across stem end of leaf. Fold leaf sides over filling and roll snugly. Fit filled leaves, seams down, in a single layer in leaf-lined dish. Cover with reserved leaves.
- ☐ Mix 1 cup water and lemon juice.
- ☐ Pour over rolls. Seal dish with foil.
- ☐ Bake in a 350 oven until liquid is absorbed, 30 to 45 minutes.
- ☐ Serve warm or cool.

Nutrition Facts

 **PROTEIN 8.78%**  **FAT 24.67%**  **CARBS 66.55%**

Properties

Glycemic Index:8.01, Glycemic Load:2.64, Inflammation Score:-8, Nutrition Score:4.4408696112425%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 45.75kcal (2.29%), Fat: 1.15g (1.77%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 5.84g (2.12%), Sugar: 1.66g (1.84%), Cholesterol: 0mg (0%), Sodium: 15.12mg (0.66%), Alcohol: 0.82g (100%), Alcohol %: 3.27% (100%), Protein: 0.92g (1.84%), Vitamin A: 2109.98IU (42.2%), Manganese: 0.3mg (15.05%), Vitamin K: 9.18µg (8.74%), Fiber: 1.13g (4.52%), Calcium: 33.89mg (3.39%), Vitamin B6: 0.06mg (2.85%), Magnesium: 11.02mg (2.75%), Copper: 0.05mg (2.64%), Vitamin C: 2.02mg (2.45%), Vitamin E: 0.34mg (2.27%), Folate: 8.82µg (2.2%), Vitamin B2: 0.04mg (2.15%), Iron: 0.36mg (1.99%), Phosphorus: 17.69mg (1.77%), Potassium: 60.97mg (1.74%), Vitamin B3: 0.32mg (1.62%), Selenium: 0.84µg (1.2%)