



## Rice-Stuffed Cabbage Leaves

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup rice uncooked
- 28 ounce canned tomatoes undrained chopped canned
- 1 cup carrots finely chopped
- 1.5 cups celery finely chopped
- 0.3 teaspoon fennel seeds crushed
- 2 tablespoons parsley fresh chopped
- 1 garlic clove minced
- 2 garlic cloves minced

- 2 cups leek thinly sliced
- 1 tablespoon juice of lemon
- 1.7 cups low-salt chicken broth divided
- 12 large cabbage leaves green
- 1 tablespoon olive oil
- 2 cups onion chopped
- 0.3 teaspoon pepper
- 0.3 cup pimento-stuffed olives green finely chopped
- 0.5 teaspoon salt
- 1 teaspoon sugar

## Equipment

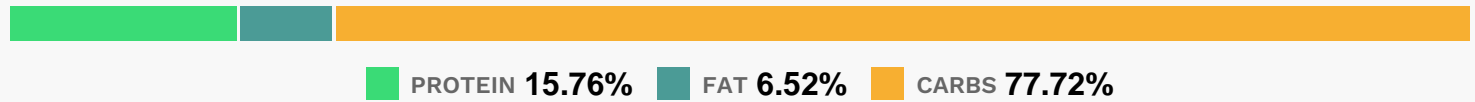
- bowl
- frying pan
- oven
- baking pan

## Directions

- Steam cabbage leaves, covered, 3 minutes; set aside.
- Heat oil in a large nonstick skillet over medium heat.
- Add leek, celery, carrot, and garlic; saut 7 minutes.
- Add rice, 1 cup broth, and fennel seeds; cover and cook 7 minutes or until the liquid is nearly absorbed.
- Combine the rice mixture, 2 tablespoons parsley, and 1/2 teaspoon salt in a bowl; toss well, and set the rice mixture aside.
- Add 1/3 cup broth to skillet; place over medium heat until hot.
- Add onion; cook 10 minutes, stirring occasionally.
- Add remaining 1/3 cup chicken broth, parsley, and next 5 ingredients (parsley through tomatoes); bring to a boil. Cover, reduce heat, and simmer 10 minutes.

- Remove from heat; stir in olives and pepper. Set sauce aside.
- Preheat oven to 40
- Spoon 1/3 cup rice mixture onto each cabbage leaf, and roll up jelly-roll fashion.
- Place cabbage rolls in a 13 x 9-inch baking dish coated with cooking spray. Spoon sauce over cabbage rolls. Cover and bake at 400 for 1 hour.

## Nutrition Facts



### Properties

Glycemic Index:39.59, Glycemic Load:28.74, Inflammation Score:-10, Nutrition Score:49.167391396087%

### Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.8mg, Apigenin: 2.8mg, Apigenin: 2.8mg, Apigenin: 2.8mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

### Nutrients (% of daily need)

Calories: 439.45kcal (21.97%), Fat: 3.61g (5.56%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 96.82g (32.27%), Net Carbohydrates: 62.75g (22.82%), Sugar: 45.69g (50.77%), Cholesterol: 0mg (0%), Sodium: 500.03mg (21.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.28%), Vitamin K: 975.96µg (929.48%), Vitamin C: 469.24mg (568.78%), Folate: 569.01µg (142.25%), Fiber: 34.07g (136.28%), Manganese: 2.44mg (122.08%), Vitamin B6: 1.78mg (88.89%), Potassium: 2504.79mg (71.57%), Vitamin A: 3523.05IU (70.46%), Vitamin B1: 0.86mg (57.06%), Calcium: 555.83mg (55.58%), Magnesium: 177.9mg (44.48%), Iron: 7.44mg (41.31%), Phosphorus: 394.95mg (39.5%), Vitamin B2: 0.58mg (34.01%), Vitamin B5: 3.11mg (31.1%), Vitamin B3: 4.69mg (23.43%), Copper: 0.46mg (22.76%), Vitamin E: 3.28mg (21.87%), Zinc: 2.75mg (18.34%), Selenium: 6.96µg (9.94%)