



Roasted Cabbage Rolls

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 3 pound cabbage
- ☐ 0.3 cup plus dark
- ☐ 0.8 teaspoon rubbed sage dried
- ☐ 1 large eggs
- ☐ 1.3 teaspoons garlic salt
- ☐ 1 cup apples i use 2 granny smith apples diced

- ☐ 0.7 cup green onions chopped
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 pound pd of ground turkey
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 1 onion
- ☐ 0.3 cup rice long-grain uncooked
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons tomato paste
- ☐ 0.3 cup water
- ☐ 1 cup water
- ☐ 1.5 tablespoons water
- ☐ 2 tablespoons water

Equipment

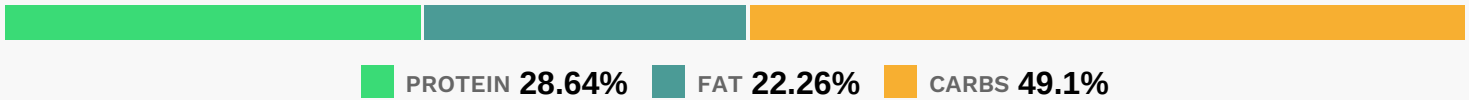
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ serrated knife

Directions

- ☐ To prepare cabbage rolls, core cabbage using a serrated knife.
- ☐ Place cabbage in an 8-inch square baking dish or 2-quart casserole; add 2 tablespoons water. Loosely cover with heavy-duty plastic wrap. Microwave at high 9 minutes, rotating baking dish a half-turn after 5 minutes. Cover dish and let stand 15 minutes. Discard any tough dark green leaves.

- ☐ Remove 8 light-colored cabbage leaves.
- ☐ Cut off raised portion of the main vein of each leaf, and set leaves aside. Finely chop enough remaining cabbage to measure 1/2 cup, and set aside. Coarsely chop enough remaining cabbage to measure 2 cups; arrange in bottom of a 13 x 9-inch baking dish coated with cooking spray. Top with slivered onion.
- ☐ Bring 1 cup water to a boil in a small saucepan.
- ☐ Add rice; reduce heat to medium-low, and cook 8 minutes.
- ☐ Drain well.
- ☐ Preheat oven to 35
- ☐ Combine 1/2 cup finely chopped cabbage, rice, apple, and the next 7 ingredients (apple through egg). Crumble turkey over mixture; stir just until blended.
- ☐ Place about 1/2 cup turkey mixture in center of each cabbage leaf. Fold in edges of leaves, and roll up; place cabbage rolls on top of coarsely chopped cabbage.
- ☐ Cut several 1/4-inch-deep slits across top of each roll.
- ☐ Pour 1/4 cup water over rolls. Cover with foil, and bake at 350 for 30 minutes.
- ☐ To prepare basting glaze, cook the bacon in a small saucepan over medium heat for 3 minutes or until lightly browned.
- ☐ Remove from heat.
- ☐ Remove bacon from pan; discard bacon drippings. Return bacon to pan; stir in corn syrup and remaining ingredients. Uncover cabbage rolls; spoon one-third basting glaze over cabbage rolls.
- ☐ Bake, uncovered, 1 hour, basting with basting glaze every 20 minutes. Spoon about 1/4 cup remaining cabbage on each of 8 plates; top each with 1 cabbage roll.

Nutrition Facts



Properties

Glycemic Index:54.15, Glycemic Load:17.5, Inflammation Score:-7, Nutrition Score:22.073043356771%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 258.71kcal (12.94%), Fat: 6.69g (10.29%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 27.75g (10.09%), Sugar: 20.4g (22.66%), Cholesterol: 62.87mg (20.96%), Sodium: 803.58mg (34.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.37g (38.74%), Vitamin K: 147.93µg (140.88%), Vitamin C: 66.91mg (81.1%), Vitamin B6: 0.8mg (39.89%), Vitamin B3: 6.75mg (33.75%), Selenium: 19.56µg (27.94%), Phosphorus: 239.15mg (23.92%), Folate: 91.19µg (22.8%), Manganese: 0.44mg (22.24%), Fiber: 5.46g (21.83%), Potassium: 644.5mg (18.41%), Vitamin B1: 0.2mg (13.47%), Vitamin B2: 0.22mg (13.01%), Magnesium: 50.67mg (12.67%), Vitamin B5: 1.19mg (11.92%), Zinc: 1.78mg (11.89%), Calcium: 110.68mg (11.07%), Iron: 1.87mg (10.41%), Vitamin A: 417.99IU (8.36%), Vitamin B12: 0.48µg (7.97%), Copper: 0.15mg (7.35%), Vitamin E: 0.76mg (5.04%), Vitamin D: 0.4µg (2.64%)