



Rouladen Rats

 **Gluten Free**

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 6 leaves cabbage
- ☐ 1 pinch ground pepper black
- ☐ 2 teaspoons mustard prepared
- ☐ 1 onion chopped
- ☐ 1 pinch salt
- ☐ 1.5 pounds top round steak
- ☐ 2 cups water

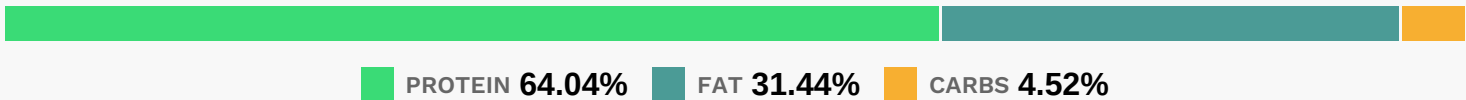
Equipment

- ☐ sauce pan
- ☐ toothpicks

Directions

- ☐ Spread out meat, and season with salt and pepper.
- ☐ Spread one layer of mustard over the meat, and one layer of chopped onion.
- ☐ Roll meat up in a cabbage leaf. Use thread or a toothpick to hold the roll together.
- ☐ Melt butter or margarine in a medium size saucepan, fry cabbage rolls over a medium heat until brown.
- ☐ Add 2 cups water, and let simmer for 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:13.311739097471%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 171.66kcal (8.58%), Fat: 5.79g (8.91%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.83g (0.93%), Cholesterol: 74.19mg (24.73%), Sodium: 117.23mg (5.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.07%), Selenium: 36.86µg (52.66%), Vitamin B6: 0.79mg (39.72%), Vitamin B3: 7.83mg (39.17%), Zinc: 5.24mg (34.91%), Phosphorus: 261.97mg (26.2%), Vitamin B12: 1.53µg (25.58%), Potassium: 454.72mg (12.99%), Iron: 2.31mg (12.81%), Vitamin B2: 0.17mg (10.23%), Vitamin B5: 0.8mg (8.02%), Vitamin B1: 0.12mg (8%), Magnesium: 31.97mg (7.99%), Copper: 0.14mg (7.14%), Folate: 19.98µg (4.99%), Calcium: 33.62mg (3.36%), Vitamin E: 0.39mg (2.63%), Manganese: 0.05mg (2.51%), Vitamin K: 2.41µg (2.29%), Vitamin C: 1.73mg (2.1%), Fiber: 0.41g (1.65%), Vitamin A: 60.93IU (1.22%)