



Runzas

READY IN



110 min.

SERVINGS



16

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon active yeast dry
- 0.3 cup butter melted
- 4 cups cabbage shredded
- 1 eggs beaten
- 4 cups flour all-purpose
- 4 cups ground beef
- 0.7 cup milk powder dry instant
- 1 onion chopped
- 1.5 teaspoons salt

- 2 cups warm water (100 to 110 degrees F/40 to 45 degrees C)
- 0.3 cup sugar white

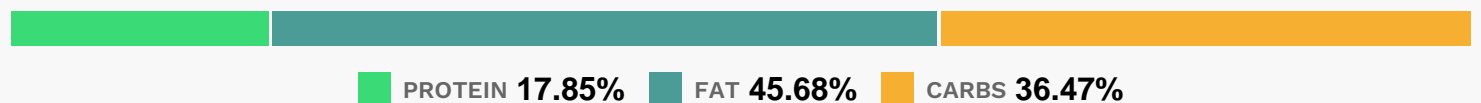
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat a large skillet over medium-high heat; cook and stir ground beef and onion until beef is crumbly, evenly browned, and no longer pink.
- Drain and discard any excess grease. Stir in cabbage and season with 1 teaspoon salt. Continue to cook and stir until cabbage is tender, about 20 more minutes. Set mixture aside to cool.
- Mix warm water and butter in a large bowl.
- Combine dry milk powder, sugar, 1 1/2 teaspoons salt, and yeast in another bowl; stir into butter mixture.
- Add egg and gradually stir in flour, 1/2 cup at a time, until dough is smooth.
- Roll dough out to 1/4-inch thick on a lightly floured surface; cut into 4-inch squares. Scoop beef mixture into each dough square. Bring corners of a dough square together at the top and pinch corners together to seal.
- Place on a baking sheet, seam side down. Repeat with remaining beef mixture and dough. Cover rolls with a damp cloth and allow to rise for 20 minutes.
- Preheat oven to 375 degrees F (190 degrees C).
- Bake in preheated oven until golden brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:19.44, Glycemic Load:20.75, Inflammation Score:-4, Nutrition Score:12.49739124464%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 340.71kcal (17.04%), Fat: 17.13g (26.35%), Saturated Fat: 7.78g (48.64%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 29.32g (10.66%), Sugar: 6.12g (6.8%), Cholesterol: 65.51mg (21.84%), Sodium: 315.46mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.05g (30.11%), Selenium: 20.91µg (29.88%), Vitamin B12: 1.41µg (23.5%), Vitamin B3: 4.39mg (21.94%), Vitamin B1: 0.32mg (21.41%), Vitamin B2: 0.33mg (19.59%), Folate: 77.91µg (19.48%), Zinc: 2.85mg (19%), Phosphorus: 178.37mg (17.84%), Iron: 2.72mg (15.11%), Vitamin K: 14.89µg (14.18%), Manganese: 0.26mg (12.99%), Vitamin B6: 0.25mg (12.46%), Vitamin C: 7.37mg (8.94%), Potassium: 302.93mg (8.66%), Calcium: 75.82mg (7.58%), Vitamin B5: 0.66mg (6.6%), Magnesium: 24.59mg (6.15%), Fiber: 1.45g (5.8%), Copper: 0.1mg (4.88%), Vitamin D: 0.67µg (4.47%), Vitamin A: 200.13IU (4%), Vitamin E: 0.45mg (2.98%)