



Salmon Cabbage Rolls

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bread crumbs dried fine
- 1 large egg white
- 1 cup fat-skimmed beef broth
- 1 pound seasoned ground-salmon patties frozen thawed (, if)
- 4 servings nonfat sour low-fat
- 0.8 cup onion finely chopped
- 0.5 teaspoon paprika
- 0.3 cup parsley chopped

- 0.8 cup precooked rice dried white
- 16 oz sauerkraut dry rinsed drained
- 1.3 lb savoy cabbage
- 1 cup sacramento tomato juice

Equipment

- bowl
- frying pan

Directions

- In a 2 1/2- to 3-inch-deep 12-inch frying pan or 5- to 6-quart pan, bring about 1 inch of water to a boil over high heat.
- Cut out and discard cabbage core. Carefully separate leaves from head, keeping them whole.
- Add cabbage to pan, cover, and cook until leaves are wilted, 3 to 4 minutes.
- Drain water from pan and fill with cold water.
- Drain again.
- Cut thickest parts of tough stems from the 8 largest leaves; set leaves aside. Finely chop stems and remaining leaves.
- In pan, mix chopped cabbage with sauerkraut and paprika; spread flat.
- In a bowl, mix salmon, onion, egg white, rice, parsley, bread crumbs, and 3 tablespoons water.
- Mound 1/8 of the salmon mixture at stem end of cupped side of each reserved cabbage leaf. Form the meat into a horizontal log 2 1/2 to 3 inches long, fold leaf sides over salmon, then roll from stem end to enclose. Set rolls, seams down, on sauerkraut mixture in pan.
- Mix tomato juice and broth.
- Pour over cabbage rolls. Cover pan and bring to a boil over high heat. Reduce heat to medium-low and simmer until salmon is opaque but still moist-looking in center of thickest part (cut to test), about 8 minutes.
- Spoon stuffed cabbage rolls and sauerkraut mixture into shallow rimmed bowls.
- Add sour cream, salt, and pepper to taste.

Nutrition Facts

PROTEIN 20.82% FAT 37.49% CARBS 41.69%

Properties

Glycemic Index:57.63, Glycemic Load:19.95, Inflammation Score:-9, Nutrition Score:35.008261175259%

Flavonoids

Apigenin: 9.08mg, Apigenin: 9.08mg, Apigenin: 9.08mg, Apigenin: 9.08mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 508kcal (25.4%), Fat: 21.46g (33.01%), Saturated Fat: 8.99g (56.21%), Carbohydrates: 53.69g (17.9%), Net Carbohydrates: 44.28g (16.1%), Sugar: 9.39g (10.43%), Cholesterol: 68.5mg (22.83%), Sodium: 1199.58mg (52.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.82g (53.63%), Vitamin K: 176.08µg (167.7%), Vitamin C: 79.15mg (95.94%), Manganese: 0.98mg (49.17%), Folate: 184.63µg (46.16%), Vitamin A: 2229.62IU (44.59%), Vitamin B12: 2.57µg (42.83%), Vitamin B6: 0.85mg (42.49%), Selenium: 29.67µg (42.39%), Zinc: 6.07mg (40.49%), Fiber: 9.4g (37.61%), Phosphorus: 344.78mg (34.48%), Vitamin B3: 6.81mg (34.06%), Potassium: 1167.7mg (33.36%), Iron: 5.74mg (31.88%), Magnesium: 102.29mg (25.57%), Vitamin B2: 0.4mg (23.75%), Copper: 0.45mg (22.28%), Vitamin B1: 0.32mg (21.44%), Calcium: 169.04mg (16.9%), Vitamin B5: 1.4mg (14.04%), Vitamin E: 0.82mg (5.44%)