



Savory Steamed Veal Roll



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

Ingredients

- ☐ 4 cups rice hot cooked
- ☐ 1 eggs
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon gingerroot grated peeled
- ☐ 1 teaspoon gingerroot grated peeled
- ☐ 0.8 pound ground veal lean
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 large cabbage leaves chinese ()
- ☐ 1 tablespoon pinenuts

- ☐ 2 tablespoons rice vinegar
- ☐ 0.1 teaspoon salt
- ☐ 3 large shrimp peeled chopped
- ☐ 0.1 teaspoon pepper white
- ☐ 1 teaspoon or dried fresh chopped

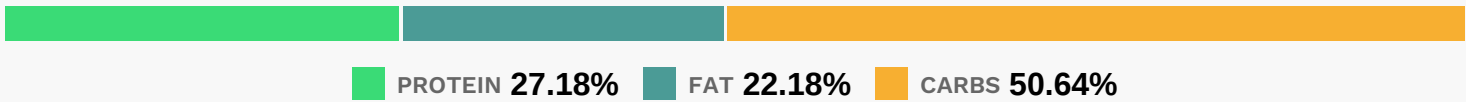
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a bowl; stir well. Set aside.
- ☐ Steam cabbage leaves, covered, 3 minutes; set aside.
- ☐ Combine veal and next 9 ingredients (veal through egg) in a bowl; stir well.
- ☐ Place cabbage leaves side by side, slightly overlapping. Spoon veal mixture onto stem end of leaves. Starting at stem end, roll up to form a 9 x 3-inch roll.
- ☐ Steam veal roll, covered, 25 minutes or until done.
- ☐ Cut crosswise into 8 slices; serve with vinegar mixture and rice.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:48.07, Inflammation Score:-3, Nutrition Score:16.376086971034%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 378.54kcal (18.93%), Fat: 9.07g (13.95%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 46.59g (15.53%), Net Carbohydrates: 45.48g (16.54%), Sugar: 0.48g (0.53%), Cholesterol: 122.73mg (40.91%), Sodium: 458.54mg (19.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.01g (50.01%), Manganese: 1.11mg (55.7%), Vitamin

B3: 7.3mg (36.52%), Selenium: 22.52µg (32.18%), Phosphorus: 313.76mg (31.38%), Vitamin B6: 0.58mg (29.25%),
Zinc: 3.91mg (26.1%), Vitamin B12: 1.24µg (20.63%), Vitamin B2: 0.34mg (19.84%), Vitamin B5: 1.96mg (19.59%),
Magnesium: 59.49mg (14.87%), Copper: 0.29mg (14.66%), Potassium: 449.99mg (12.86%), Vitamin K: 11.7µg (11.14%),
Iron: 1.81mg (10.05%), Folate: 37.29µg (9.32%), Vitamin B1: 0.13mg (8.35%), Calcium: 62.2mg (6.22%), Vitamin C:
4.31mg (5.23%), Vitamin E: 0.71mg (4.75%), Fiber: 1.1g (4.41%), Vitamin A: 106.64IU (2.13%), Vitamin D: 0.22µg (1.47%)