



Slovak Stuffed Cabbage



Gluten Free



Dairy Free



Popular

READY IN



120 min.

SERVINGS



10

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon
- ☐ 10 servings pepper black to taste
- ☐ 1 medium head cabbage
- ☐ 29 ounce canned tomatoes diced canned
- ☐ 21.5 ounce condensed tomato soup canned
- ☐ 0.5 cup brown rice cooked
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1.3 teaspoons garlic salt

- ☐ 1 pound ground beef
- ☐ 1 pound ground pork
- ☐ 1 onion chopped
- ☐ 1 teaspoon salt
- ☐ 27 ounces sauerkraut drained
- ☐ 3 cups water
- ☐ 2 tablespoons sugar white

Equipment

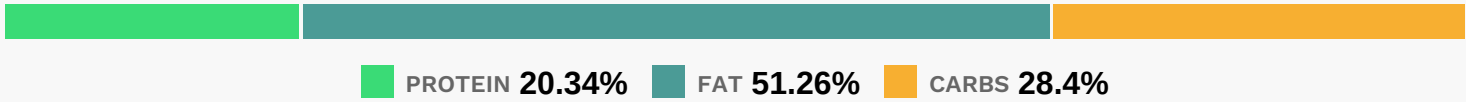
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Bring a pot of water to a boil.
- ☐ Mix beef and pork together. Stir in onion, cooked rice, parsley, salt, pepper, garlic salt and 1/2 can of tomato soup.
- ☐ Mix well.
- ☐ Core head of cabbage, place in boiling water and boil until partly cooked. Separate leaves and trim stems. Reserve about 24 to 32 whole leaves.
- ☐ Cut remaining leaves and line the bottom of large roasting pan.
- ☐ Lightly pack a small handful of the meat mixture and place in the center of a cabbage leaf. Fold top part of leaf over mixture, then fold in the sides and roll until mixture is completely encased.
- ☐ Lay rolls on top of torn cabbage leaves in pan.
- ☐ Place sauerkraut evenly over rolls.
- ☐ Lay bacon on top of sauerkraut.
- ☐ Sprinkle with 1 to 2 tablespoons of sugar.
- ☐ Mix chopped tomatoes and soup with water and pour over rolls.

- ☐
- Add additional water to reach top of cabbage rolls.
- ☐
- Bake at 350 degrees F (175 degrees C) for 1 1/2 hours or until cooked through.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:9.5, Inflammation Score:-7, Nutrition Score:26.312608786251%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 408.97kcal (20.45%), Fat: 23.85g (36.69%), Saturated Fat: 8.69g (54.34%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 22.62g (8.22%), Sugar: 15.76g (17.52%), Cholesterol: 72.12mg (24.04%), Sodium: 1516.59mg (65.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.58%), Vitamin K: 86.45µg (82.34%), Vitamin C: 61.06mg (74.01%), Vitamin B6: 0.77mg (38.27%), Vitamin B1: 0.56mg (37.05%), Potassium: 1167.65mg (33.36%), Selenium: 23.3µg (33.29%), Manganese: 0.64mg (32.05%), Vitamin B3: 6.32mg (31.6%), Fiber: 7.11g (28.44%), Phosphorus: 261.87mg (26.19%), Zinc: 3.75mg (25.02%), Iron: 4.4mg (24.42%), Vitamin B12: 1.34µg (22.39%), Folate: 76.06µg (19.01%), Copper: 0.35mg (17.49%), Magnesium: 69.76mg (17.44%), Vitamin B2: 0.29mg (17.2%), Calcium: 116.66mg (11.67%), Vitamin E: 1.71mg (11.43%), Vitamin B5: 1.14mg (11.37%), Vitamin A: 527.31IU (10.55%)