



Stuffed Cabbage

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



941 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.8 teaspoon pepper black freshly ground
- 0.5 cup breadcrumbs dried plain
- 3 extra large eggs lightly beaten
- 1 teaspoon thyme leaves fresh minced
- 1 large head cabbage green
- 2.5 pounds ground beef
- 1.5 teaspoons kosher salt

- 0.5 cup brown sugar light packed
- 3 tablespoons olive oil good
- 0.5 cup raisins
- 0.3 cup red wine vinegar
- 56 ounce tomatoes and their juice crushed canned
- 0.5 cup rice white uncooked
- 0.5 cup onions yellow finely chopped
- 1.5 cups onions yellow chopped (2 onions)

Equipment

- bowl
- sauce pan
- oven
- knife
- pot
- dutch oven
- tongs

Directions

- Watch how to make this recipe.
- For the sauce, heat the olive oil in a large saucepan, add the onions, and cook over medium-low heat for 8 minutes, until the onions are translucent.
- Add the tomatoes, vinegar, brown sugar, raisins, salt, and pepper. Bring to a boil, then lower the heat and simmer uncovered for 30 minutes, stirring occasionally. Set aside.
- Meanwhile, bring a large pot of water to a boil.
- Remove the entire core of the cabbage with a paring knife. Immerse the head of cabbage in the boiling water for a few minutes, peeling off each leaf with tongs as soon as it is flexible. Set the leaves aside. Depending on the size of each leaf, you will need at least 14 leaves.
- For the filling, in a large bowl, combine the ground chuck, eggs, onion, breadcrumbs, rice, thyme, salt, and pepper.

- Add 1 cup of the sauce to the meat mixture and mix lightly with a fork.
- Preheat the oven to 350 degrees F.
- To assemble, place 1 cup of the sauce in the bottom of a large Dutch oven.
- Remove the hard triangular rib from the base of each cabbage leaf with a small paring knife.
- Place 1/3 to 1/2 cup of filling in an oval shape near the rib edge of each leaf and roll up toward the outer edge, tucking the sides in as you roll.
- Place half the cabbage rolls, seam sides down, over the sauce.
- Add more sauce and more cabbage rolls alternately until you've placed all the cabbage rolls in the pot.
- Pour the remaining sauce over the cabbage rolls. Cover the dish tightly with the lid and bake for 1 hour or until the meat is cooked and the rice is tender.
- Serve hot.

Nutrition Facts



■ **PROTEIN 19.28%**
■ **FAT 46.06%**
■ **CARBS 34.66%**

Properties

Glycemic Index:60.83, Glycemic Load:22.12, Inflammation Score:-9, Nutrition Score:49.120434719583%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg

Nutrients (% of daily need)

Calories: 940.5kcal (47.03%), Fat: 49.13g (75.58%), Saturated Fat: 16.71g (104.42%), Carbohydrates: 83.18g (27.73%), Net Carbohydrates: 70.47g (25.62%), Sugar: 39.03g (43.36%), Cholesterol: 238.35mg (79.45%), Sodium: 1212.81mg (52.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.26g (92.52%), Vitamin K: 181.31µg (172.67%), Vitamin C: 105.65mg (128.06%), Vitamin B6: 1.45mg (72.28%), Vitamin B12: 4.33µg (72.09%), Zinc: 9.78mg (65.21%), Vitamin B3: 12.8mg (64.01%), Manganese: 1.27mg (63.6%), Selenium: 44.33µg (63.33%), Phosphorus: 552.46mg (55.25%), Potassium: 1926.74mg (55.05%), Iron: 9.87mg (54.86%), Fiber: 12.71g (50.85%), Folate: 171.99µg (43%), Vitamin B2: 0.71mg (41.82%), Copper: 0.79mg (39.54%), Vitamin E: 5.74mg (38.24%), Vitamin B1: 0.55mg (36.95%), Magnesium: 133.36mg (33.34%), Vitamin B5: 2.86mg (28.63%), Calcium: 278.74mg

(27.87%), Vitamin A: 943.1IU (18.86%), Vitamin D: 0.75 μ g (4.99%)