

Stuffed Cabbage



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 medium head cabbage



1 cup rice cooked



1 eggs



8 servings garlic powder to taste



1 pound ground beef



12 fluid ounce sacramento tomato juice canned



1 tablespoon vinegar



8 servings water to cover

☐ 1 tablespoon sugar white

Equipment

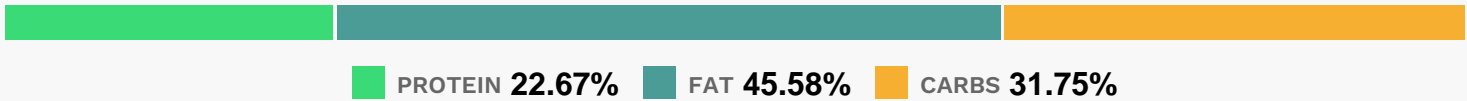
☐ bowl

☐ pot

Directions

- ☐ Place the head of cabbage in a large pot over high heat and add water to cover. Boil cabbage for 15 minutes, or until it is pliable and soft.
- ☐ Drain and allow to cool completely.
- ☐ Remove the hard outer vein from the leaves.
- ☐ In a separate large bowl, combine the beef, rice, garlic powder and the egg, mixing well.
- ☐ Place a small amount, about the size of your palm, into the center of a cabbage leaf and fold leaf over, tucking in the sides of the leaf to keep meat mixture inside.
- ☐ Pile up the filled leaves in a large pot, putting the larger leaves on the bottom.
- ☐ Add the tomato juice, vinegar and sugar and enough water to cover. Simmer over medium low heat for about 60 minutes. (Note: Keep an eye on them, making sure the bottom of leaves do not burn.)

Nutrition Facts



Properties

Glycemic Index:39.51, Glycemic Load:9.68, Inflammation Score:-5, Nutrition Score:17.736521715703%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 236.19kcal (11.81%), Fat: 12.18g (18.74%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 15.07g (5.48%), Sugar: 7.18g (7.98%), Cholesterol: 60.72mg (20.24%), Sodium: 138.66mg (6.03%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.27%), Vitamin K: 89.66µg (85.39%), Vitamin C: 45.66mg (55.34%), Vitamin B6: 0.47mg (23.39%), Vitamin B12: 1.26µg (21.04%), Zinc: 2.98mg (19.84%), Manganese: 0.39mg (19.69%), Selenium: 13.02µg (18.6%), Vitamin B3: 3.31mg (16.56%), Phosphorus: 165.17mg (16.52%), Fiber: 4.03g (16.12%), Folate: 63.13µg (15.78%), Potassium: 526.36mg (15.04%), Iron: 2.52mg (13.98%), Vitamin B2: 0.18mg (10.86%), Copper: 0.21mg (10.45%), Magnesium: 39.86mg (9.96%), Vitamin B1: 0.15mg (9.74%), Calcium: 85.34mg (8.53%), Vitamin B5: 0.83mg (8.32%), Vitamin E: 1.04mg (6.95%), Vitamin A: 236.29IU (4.73%), Vitamin D: 0.17µg (1.11%)