

food  
network



HEALTH SCORE

**78%**

## Stuffed Cabbage: Cavolo Ripieno



Dairy Free



Very Healthy

READY IN

**140 min.**

SERVINGS

**4**

CALORIES

**623 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.5 cup bread crumbs fresh toasted
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 eggs
- ☐ 0.3 cup olive oil extra virgin
- ☐ 3 tablespoons thyme leaves dried fresh chopped

- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 1 large head cabbage green
- ☐ 1.5 pounds pd of ground turkey
- ☐ 1 bunch mint leaves finely chopped
- ☐ 1 onion spanish chopped
- ☐ 2 bunches parsley italian finely chopped
- ☐ 0.5 medium onion red finely chopped
- ☐ 10 sage leaves finely chopped
- ☐ 1 teaspoon salt
- ☐ 4 servings salt to taste

## Equipment

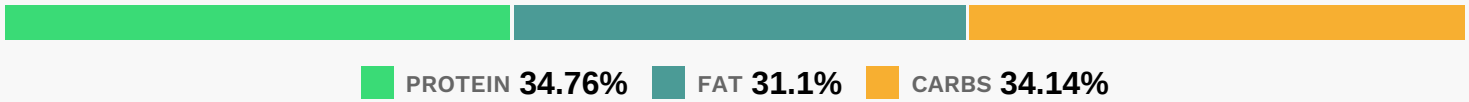
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ kitchen towels
- ☐ cutting board

## Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt.
- ☐ Remove whole leaves from the cabbage to yield 14 large leaves and plunge into the boiling water. Cook until soft enough to fold, about 4 to 5 minutes.
- ☐ Drain and rinse with cool water and lay out on clean kitchen towels to continue cooling.
- ☐ Meanwhile, in a large mixing bowl, place the ground turkey, 1/2 cup bread crumbs, 1/2 cup parsley, red onion, sage, salt and pepper and eggs and mix well with hands.
- ☐ Lay out the cabbage leaves on a cutting board and place a medium-sized handful of the turkey mixture in the lower center of each leaf. Fold the lateral sides inward and roll from the base to form a closed pocket out of each stuffed leaf. In an ovenproof casserole large enough to hold all the cabbage rolls, place half the tomato sauce and all the wine.

- ☐ Lay the cabbage rolls atop the sauce. Spoon the remaining sauce over and bake 1 hour.
- ☐ Remove and sprinkle with the remaining 1/2-cup bread crumbs, 1/4 cup parsley and chopped mint.
- ☐ Serve immediately.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

## Nutrition Facts



## Properties

Glycemic Index:74.71, Glycemic Load:6.67, Inflammation Score:-10, Nutrition Score:57.517391412154%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 61.9mg, Apigenin: 61.9mg, Apigenin: 61.9mg, Apigenin: 61.9mg Luteolin: 3.24mg, Luteolin: 3.24mg, Luteolin: 3.24mg, Luteolin: 3.24mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg

## Nutrients (% of daily need)

Calories: 623.45kcal (31.17%), Fat: 21.93g (33.74%), Saturated Fat: 4.17g (26.05%), Carbohydrates: 54.18g (18.06%), Net Carbohydrates: 38.81g (14.11%), Sugar: 23.07g (25.63%), Cholesterol: 216.31mg (72.1%), Sodium: 1657.45mg (72.06%), Alcohol: 3.09g (100%), Alcohol %: 0.37% (100%), Protein: 55.16g (110.32%), Vitamin K: 728.13µg (693.45%), Vitamin C: 202.17mg (245.05%), Vitamin B6: 2.52mg (125.9%), Vitamin B3: 21.66mg (108.32%), Vitamin A: 4963.99IU (99.28%), Selenium: 53.21µg (76.01%), Manganese: 1.38mg (69.25%), Phosphorus: 679.33mg (67.93%), Folate: 266.14µg (66.54%), Potassium: 2177.87mg (62.22%), Fiber: 15.37g (61.48%), Iron: 11.02mg (61.23%), Vitamin B2: 0.81mg (47.5%), Copper: 0.92mg (45.8%), Vitamin B1: 0.68mg (45.26%), Magnesium: 174.33mg

(43.58%), Vitamin E: 5.87mg (39.15%), Calcium: 384.99mg (38.5%), Zinc: 5.32mg (35.46%), Vitamin B5: 3.46mg (34.63%), Vitamin B12: 1.21µg (20.14%), Vitamin D: 1.34µg (8.94%)