



Stuffed Cabbage Leaves



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



210 min.

SERVINGS



12

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 tsp allspice



2 tbsp brown sugar to taste ()



14 oz tomato sauce divided canned



14 oz canned tomatoes diced crushed canned



0.5 cup chicken stock see



1 eggs



2 tbsp optional: dill fresh minced



1 clove garlic minced

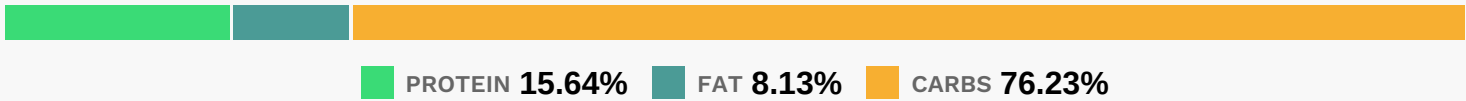
- ☐ 3.5 lbs cabbage green
- ☐ 2 tbsp juice of lemon fresh to taste ()
- ☐ 0.3 cup onion finely minced
- ☐ 1 tbsp paprika
- ☐ 12 servings salt and pepper to taste
- ☐ 1.5 cups sauerkraut divided
- ☐ 2 tbsp tomato paste
- ☐ 1 cup rice long grain white cooked

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Stuffed Cabbage Leaves
- ☐ Ingredients1 large green cabbage (3.5–4 lbs.)1 lb ground beef, ground chicken, or a mixture (I use half and half)1 cup cooked long grain rice, white or brown1/3 cup finely minced onion2 tbsp fresh minced dill1 egg1 1/2 cups sauerkraut, divided2 cans (14 oz) tomato sauce, divided1 can (14 oz) diced or crushed tomatoes2 tbsp fresh lemon juice (or more to taste)2 tbsp brown sugar (or more to taste)2 tbsp tomato paste1 tbsp paprika1 clove minced garlic1/4 tsp allspice1/2 cup chicken stock or water
- ☐ Salt and pepper to taste
- ☐ Prep Time: 1 Hour
- ☐ Cook Time: 2 – 2 Hours 30 Minutes
- ☐ Servings: 12–16 stuffed cabbage leaves
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:34.58, Glycemic Load:7.54, Inflammation Score:-7, Nutrition Score:16.17217392766%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 95.15kcal (4.76%), Fat: 0.96g (1.47%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 14.76g (5.37%), Sugar: 9.94g (11.04%), Cholesterol: 13.94mg (4.65%), Sodium: 577.33mg (25.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Vitamin K: 106.34µg (101.28%), Vitamin C: 58.44mg (70.84%), Fiber: 5.4g (21.62%), Manganese: 0.43mg (21.43%), Folate: 73.13µg (18.28%), Vitamin B6: 0.32mg (16.11%), Potassium: 524.02mg (14.97%), Vitamin A: 692.66IU (13.85%), Iron: 1.98mg (11%), Vitamin E: 1.44mg (9.63%), Magnesium: 35.24mg (8.81%), Copper: 0.18mg (8.8%), Vitamin B1: 0.13mg (8.76%), Calcium: 83.85mg (8.39%), Vitamin B2: 0.14mg (7.98%), Phosphorus: 79.12mg (7.91%), Vitamin B3: 1.43mg (7.16%), Vitamin B5: 0.63mg (6.3%), Selenium: 3.5µg (4.99%), Zinc: 0.61mg (4.1%)