



Stuffed Cabbage Rolls

 Gluten Free

READY IN



115 min.

SERVINGS



4

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds sauerkraut (refrigerated such as bubbies, that you would find in the section of your grocery store) good
- ☐ 1 large head cabbage (green)
- ☐ 2 tablespoons olive oil (extra virgin)
- ☐ 1 cup onions (minced)
- ☐ 0.3 teaspoon garlic (minced)
- ☐ 1 pound ground pork
- ☐ 0.8 cup rice (white dry cooked (from))
- ☐ 2 large eggs (lightly beaten)

- ☐ 2 tablespoons hungarian paprika plain sweet (or paprika if your market doesn't offer a choice)
- ☐ 0.1 teaspoon marjoram dried (can sub oregano)
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings pepper freshly ground
- ☐ 1 cup water
- ☐ 1 cup tomato purée
- ☐ 1 cup cup heavy whipping cream sour

Equipment

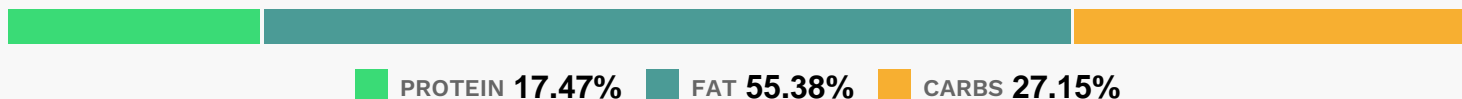
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Prep the sauerkraut: Rinse the sauerkraut in cold water. Squeeze out excess moisture and set aside.
- ☐ Cook the cabbage: Bring a large pot of salted water to a boil (1 tablespoon of salt for every 2 quarts of water).
- ☐ Add the whole green cabbage to the boiling water. Cover the pot, reduce the heat to maintain a simmer, and cook for 10 to 15 minutes, depending on the size of the cabbage.
- ☐ Remove the cabbage from the water and let drain until it is cool enough to handle. Pull off as many large, unbroken leaves as you can and lay them on paper towels dry. If the inner leaves haven't cooked enough to bend easily, return them to the simmering water to cook a little longer.
- ☐ Sauté onions and garlic:

- ☐ Heat olive oil in a large skillet on medium-high heat. When the oil is hot, add the onions and sauté them until translucent and beginning to color.
- ☐ Add the garlic and cook half a minute longer.
- ☐ Remove from heat.
- ☐ Make pork mixture: In a large bowl, place the ground pork, cooked rice, beaten eggs, paprika, marjoram, the cooked onions and garlic, salt, and several grinds of black pepper.
- ☐ Mix with your clean hands or a wooden spoon until just combined.
- ☐ Stuff the cabbage rolls: Working one at a time, place a couple tablespoons of the pork stuffing in the center of a blanched cabbage leaf. Start at the thick end of the leaf and fold the sides of the cabbage over the stuffing. Then roll up the whole cabbage leaf into a tight bundle.
- ☐ Repeat with the remaining leaves until you have used up all of your stuffing.
- ☐ Layer stuffed cabbage rolls on top of sauerkraut:
- ☐ Place the rinsed and drained sauerkraut in an even layer on the bottom of a 5 or 6 quart thick-bottomed pot, such as a Dutch oven.
- ☐ Place the cabbage rolls on top of the sauerkraut.
- ☐ Mix the cup of water with the cup of tomato purée and pour over the cabbage rolls.
- ☐ Heat on high to bring the liquid to a boil, then reduce the heat to low, cover the pot, and cook the cabbage rolls on a low simmer for one hour.
- ☐ Remove the stuffed cabbage rolls from the pot and place on a warm dish. Slowly stir the sour cream into the sauerkraut. Bring to a simmer and let cook for about 5 minutes.
- ☐ Serve: Use a slotted spoon to lift the creamy sauerkraut sauce onto a serving platter. Arrange the stuffed cabbage rolls on top of the sauerkraut and spoon some sauce over them as well.
- ☐ Serve remaining sauce on the side.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:15.45, Inflammation Score:-10, Nutrition Score:47.382174201634%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg

Nutrients (% of daily need)

Calories: 720.62kcal (36.03%), Fat: 45.91g (70.63%), Saturated Fat: 16.8g (104.99%), Carbohydrates: 50.63g (16.88%), Net Carbohydrates: 32.95g (11.98%), Sugar: 21.31g (23.68%), Cholesterol: 208.57mg (69.52%), Sodium: 2279.25mg (99.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.59g (65.17%), Vitamin K: 277.14µg (263.94%), Vitamin C: 158.84mg (192.53%), Vitamin B1: 1.14mg (76.15%), Vitamin B6: 1.42mg (70.89%), Fiber: 17.67g (70.69%), Manganese: 1.24mg (62.08%), Selenium: 43.13µg (61.61%), Vitamin A: 2907.3IU (58.15%), Folate: 226.9µg (56.73%), Potassium: 1786.21mg (51.03%), Phosphorus: 480.11mg (48.01%), Iron: 8.38mg (46.58%), Vitamin B2: 0.76mg (44.85%), Vitamin B3: 7.53mg (37.63%), Magnesium: 126.9mg (31.73%), Calcium: 315.81mg (31.58%), Copper: 0.62mg (30.86%), Zinc: 4.61mg (30.74%), Vitamin E: 4.6mg (30.7%), Vitamin B5: 2.75mg (27.5%), Vitamin B12: 1.14µg (18.95%), Vitamin D: 0.5µg (3.33%)