



HEALTH SCORE

59%

Stuffed Cabbage Stoup



Very Healthy

READY IN



37 min.

SERVINGS



4

CALORIES



870 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 1 bay leaf
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 carrots with a vegetable peeler into strips then finely chopped thinly sliced
- ☐ 1 quart chicken stock see divided
- ☐ 1.5 teaspoons coriander
- ☐ 3 tablespoons optional: dill finely chopped
- ☐ 4 tablespoons olive oil extra virgin divided

- ☐ 1 Handful flat-leaf parsley chopped
- ☐ 2 cloves garlic minced
- ☐ 1.5 pounds ground meatloaf mix (a combination of beef, pork and veal)
- ☐ 1 onion chopped
- ☐ 4 servings bell pepper
- ☐ 4 servings salt
- ☐ 0.5 head savoy cabbage thinly sliced
- ☐ 2 teaspoons paprika smoked
- ☐ 1 cup tomato sauce
- ☐ 1 cup rice raw white

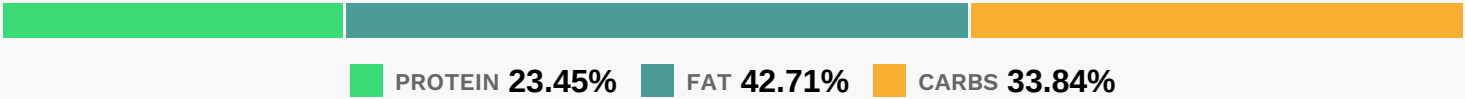
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat a sauce pot over medium-high heat with 2 turns of the pan of extra-virgin olive oil, about 2 tablespoons.
- ☐ Add the rice and toss to coat in oil.
- ☐ Add 2 cups of chicken stock, bring up to a simmer, cover and cook for 16 to 18 minutes or until the rice is tender.
- ☐ Heat a deep pot over medium high heat.
- ☐ Add the remaining extra-virgin olive oil, once hot add meat and begin to brown, 2 to 3 minutes. Season the meat with allspice, coriander, smoked paprika, salt and pepper.
- ☐ Add bay leaf, onions, garlic and carrots. Cook veggies 2 to 3 minutes to begin to soften them, then add cabbage and wilt it down a bit.
- ☐ Add tomatoes, tomato sauce, and remaining stock and cover the pot. Raise the heat to high and bring the soup to a simmer. Simmer for about 10 minutes. Once the rice is cooked, add to the soup and continue to simmer for 2 to 3 minutes. Stir in parsley and dill, adjust salt and pepper to your taste, and serve.

Nutrition Facts



Properties

Glycemic Index:104.8, Glycemic Load:30.17, Inflammation Score:-10, Nutrition Score:39.585652102595%

Flavonoids

Apigenin: 2.95mg, Apigenin: 2.95mg, Apigenin: 2.95mg, Apigenin: 2.95mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 870.14kcal (43.51%), Fat: 43.93g (67.59%), Saturated Fat: 11.49g (71.79%), Carbohydrates: 78.33g (26.11%), Net Carbohydrates: 67.02g (24.37%), Sugar: 21.68g (24.09%), Cholesterol: 126.17mg (42.06%), Sodium: 1243.64mg (54.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.26g (108.53%), Vitamin C: 157.5mg (190.9%), Vitamin K: 119.69µg (113.99%), Vitamin A: 4775.31IU (95.51%), Manganese: 1.31mg (65.52%), Vitamin B6: 1.08mg (54.21%), Iron: 8.66mg (48.12%), Vitamin E: 7.17mg (47.83%), Fiber: 11.3g (45.21%), Folate: 179.07µg (44.77%), Potassium: 1561.28mg (44.61%), Vitamin B3: 8.75mg (43.74%), Copper: 0.77mg (38.59%), Magnesium: 116.36mg (29.09%), Vitamin B2: 0.49mg (28.68%), Vitamin B1: 0.42mg (27.88%), Phosphorus: 278.39mg (27.84%), Selenium: 15.26µg (21.8%), Vitamin B5: 1.73mg (17.3%), Calcium: 156.23mg (15.62%), Zinc: 2.12mg (14.15%)