



Stuffed Grape Leaves



Vegetarian



Vegan



Gluten Free

READY IN



480 min.

SERVINGS



20

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 servings pepper black freshly ground
- ☐ 0.3 cup optional: dill chopped
- ☐ 1 head garlic
- ☐ 16 ounce grape leaves
- ☐ 20 servings kosher salt
- ☐ 1 cup juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 2 large onions finely chopped

- ☐ 1 tomatoes chopped
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup rice white

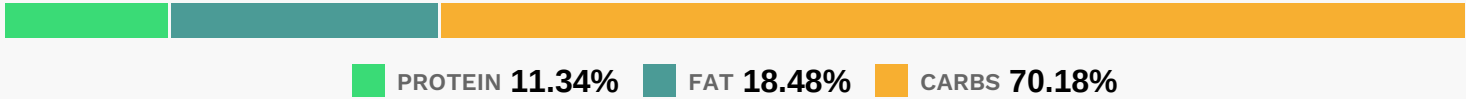
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ mortar and pestle

Directions

- ☐ Put the onions and oil in a skillet and cook over medium heat until the onions are soft and translucent, about 10 minutes. While the onions cook, peel the garlic cloves and mash them to a paste in a mortar and pestle.
- ☐ Add this to the pan along with the tomato, lemon juice, tomato paste, and salt and pepper to taste. Cook for another 5 minutes. Stir in the rice.
- ☐ Remove the pan from the heat and stir in the dill. Set aside to cool to room temperature, then refrigerate.
- ☐ While this is cooling, drain the grape leaves and carefully pull them apart.
- ☐ Put them into a bowl and cover them with cold water.
- ☐ Let them soak until you are ready to roll.
- ☐ Heat the oven to 350 degrees F.
- ☐ Place a grape leaf on your work surface, shiny side down.
- ☐ Add 1 tablespoon of the rice mixture to the middle of the grape leaf. Fold the sides over the rice and roll the leaf into a small log shape, about the size of George's thumb. Repeat with the remaining rice, placing the stuffed leaves into a 9 by 9-inch baking dish. When the dish is full, cover the stuffed leaves with several layers of flat grape leaves and pour in 1 cup of water. Cover and bake for 1 hour.
- ☐ Let cool to room temperature and refrigerate.
- ☐ Serve cool.

Nutrition Facts



Properties

Glycemic Index:12.41, Glycemic Load:5.02, Inflammation Score:-10, Nutrition Score:11.503912967184%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 77.44kcal (3.87%), Fat: 1.7g (2.61%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 11.44g (4.16%), Sugar: 2.66g (2.95%), Cholesterol: 0mg (0%), Sodium: 204.28mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.69%), Vitamin A: 6352.14IU (127.04%), Manganese: 0.82mg (41.12%), Vitamin K: 26.11µg (24.87%), Vitamin C: 10.3mg (12.49%), Fiber: 3.08g (12.32%), Calcium: 94.33mg (9.43%), Vitamin B6: 0.15mg (7.74%), Magnesium: 27.95mg (6.99%), Copper: 0.14mg (6.77%), Folate: 26.81µg (6.7%), Vitamin B2: 0.1mg (5.68%), Vitamin E: 0.71mg (4.74%), Iron: 0.83mg (4.62%), Phosphorus: 41.43mg (4.14%), Potassium: 140.81mg (4.02%), Vitamin B3: 0.79mg (3.97%), Selenium: 1.93µg (2.76%), Zinc: 0.32mg (2.15%), Vitamin B1: 0.03mg (2.09%), Vitamin B5: 0.2mg (1.99%)