



Stuffed Grape Leaves

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds sliced chopped
- 0.3 teaspoon pepper black freshly ground
- 4 ounces feta cheese crumbled
- 2 tablespoons optional: dill fresh chopped
- 3 tablespoons flat-leaf parsley fresh chopped
- 3 tablespoons mint leaves fresh chopped
- 6 ounces bottled grape leaves
- 1 cup green onions thinly sliced (1 bunch)

- 0.3 teaspoon ground cinnamon
- 3 tablespoons juice of lemon fresh divided
- 2 tablespoons olive oil extra-virgin divided
- 0.8 cup rice long-grain uncooked
- 0.5 teaspoon salt
- 3 cups water divided
- 1.5 cups onion yellow minced (1 medium)

Equipment

- frying pan
- paper towels
- sauce pan

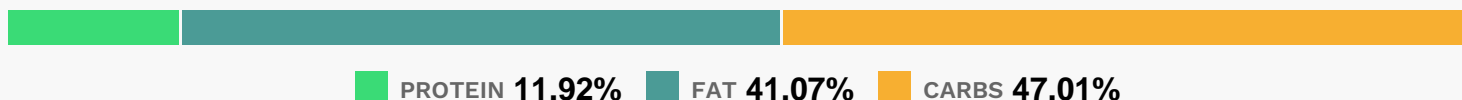
Directions

- Rinse grape leaves with cold water; drain well. Pat dry with paper towels.
- Remove stems; discard.
- Heat 1 tablespoon oil in a saucepan over medium heat.
- Add yellow onion to pan; cook 10 minutes or until tender, stirring occasionally.
- Add green onions and almonds; cook 3 minutes, stirring occasionally. Stir in 2 cups water; bring to a boil.
- Add rice, salt, pepper, and cinnamon; cover, reduce heat, and simmer 22 minutes or until rice is tender.
- Remove from heat; cool. Stir in cheese, parsley, mint, and dill.
- Spoon 1 1/2 heaping tablespoons rice mixture onto center of 1 grape leaf. Bring 2 opposite points of leaf to center; fold over filling. Beginning at 1 short side, roll up leaf tightly, jelly-roll fashion. Repeat procedure with remaining rice mixture and 35 grape leaves.
- Place 12 stuffed grape leaves, seam sides down, in large saucepan lined with 3 grape leaves.
- Drizzle with 1 teaspoon oil and 1 tablespoon juice. Top with 12 stuffed grape leaves; drizzle with 1 teaspoon oil and 1 tablespoon juice. Repeat procedure with remaining 12 stuffed grape leaves, 1 teaspoon oil, and 1 tablespoon juice. Cover with remaining 3 grape leaves; pour

remaining 1 cup water over leaves. Invert a small heatproof plate on top of leaves. Bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours.

- Remove from heat, and let stand in saucepan 2 hours.
- Serve at room temperature with lemon wedges and yogurt, if desired.
- Wine note: The piquant quality of grape leaves calls for a wine with good acidity to match, while the salty feta needs something thirst-quenching and bright. Boutari Santorini 2008 (\$1
- is a natural choice. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:20.1, Glycemic Load:6.24, Inflammation Score:-10, Nutrition Score:12.53347810455%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 128.81kcal (6.44%), Fat: 6.08g (9.36%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 12.91g (4.69%), Sugar: 2.16g (2.4%), Cholesterol: 8.41mg (2.8%), Sodium: 212.68mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin A: 4167.48IU (83.35%), Vitamin K: 50.79µg (48.37%), Manganese: 0.66mg (33.05%), Calcium: 126mg (12.6%), Fiber: 2.76g (11.06%), Vitamin B2: 0.18mg (10.7%), Vitamin C: 7.86mg (9.52%), Vitamin E: 1.37mg (9.12%), Phosphorus: 81.15mg (8.11%), Magnesium: 31.17mg (7.79%), Vitamin B6: 0.15mg (7.64%), Folate: 29.78µg (7.44%), Copper: 0.14mg (7.24%), Iron: 0.94mg (5.23%), Selenium: 3.55µg (5.08%), Zinc: 0.67mg (4.49%), Potassium: 146.43mg (4.18%), Vitamin B3: 0.81mg (4.06%), Vitamin B1: 0.05mg (3.35%), Vitamin B5: 0.3mg (2.98%), Vitamin B12: 0.16µg (2.66%)