



Sweet and Sour Stuffed Cabbage

 Gluten Free  Dairy Free

READY IN



305 min.

SERVINGS



30

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 heads cabbage cored
- ☐ 84 ounce tomatoes crushed canned
- ☐ 1 teaspoon citric acid powder
- ☐ 2 eggs
- ☐ 1.5 teaspoons garlic powder
- ☐ 3 pounds ground beef chuck
- ☐ 1 cup catsup
- ☐ 1 onion sliced

- ☐ 0.5 cup raisins
- ☐ 30 servings salt and pepper to taste
- ☐ 1 cup water
- ☐ 0.7 cup rice white uncooked
- ☐ 0.5 cup sugar white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ toothpicks

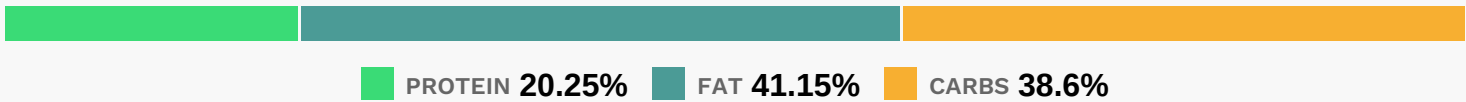
Directions

- ☐ Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Fill a large pot with water and bring it to a boil. Boil the heads of cabbage, one at a time, until softened but still firm, about 5 minutes.
- ☐ Remove and let cool for 15 minutes.
- ☐ Combine the ground beef, eggs, cooked rice, 1 1/2 teaspoons of garlic powder, salt and pepper, and 1/2 cup ketchup in a bowl.
- ☐ Mix with your hands until well combined.
- ☐ Prepare the cabbage leaves by shaving a slice off of the large vein in the center of the leaves so they'll be easier to roll.
- ☐ Place a heaping spoonful of the filling in the center of the leaf. Fold in the left and right edges and roll up the leaf from the bottom, forming a tight cylinder. Secure with toothpicks if necessary. Continue filling and rolling the leaves; save the smaller cabbage leaves and set them aside.
- ☐ Chop the reserved cabbage leaves.
- ☐ Place the chopped cabbage in a large pot.
- ☐ Add the sliced onion, crushed tomatoes, raisins, sour salt (citric acid powder), salt and pepper, 1/2 cup ketchup, and the remaining 1 1/2 teaspoons garlic powder. Stir in 1/2 cup of

white sugar and bring the mixture to a boil.

- ☐ Taste the sauce and adjust the sweetness, if desired, by adding the additional 1/2 cup of sugar.
- ☐ Place the cabbage rolls into the sauce.
- ☐ Pour the remaining 1 cup of ketchup on top of the rolls. Cover the pot, and reduce the heat to a simmer.
- ☐ Cook the rolls for 3 hours, basting the rolls every half hour.

Nutrition Facts



Properties

Glycemic Index:10.14, Glycemic Load:7.91, Inflammation Score:-5, Nutrition Score:13.613478139691%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 205.48kcal (10.27%), Fat: 9.7g (14.92%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 17.13g (6.23%), Sugar: 10.64g (11.82%), Cholesterol: 43.12mg (14.37%), Sodium: 418.13mg (18.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.47%), Vitamin K: 51.3µg (48.85%), Vitamin C: 30.19mg (36.59%), Vitamin B6: 0.38mg (18.82%), Vitamin B12: 1µg (16.61%), Vitamin B3: 3.24mg (16.22%), Manganese: 0.31mg (15.67%), Zinc: 2.33mg (15.55%), Potassium: 516.4mg (14.75%), Fiber: 3.34g (13.36%), Iron: 2.39mg (13.28%), Selenium: 9.13µg (13.04%), Phosphorus: 128.92mg (12.89%), Folate: 42.79µg (10.7%), Copper: 0.21mg (10.68%), Vitamin B2: 0.17mg (9.86%), Vitamin E: 1.42mg (9.49%), Magnesium: 34.56mg (8.64%), Vitamin B1: 0.13mg (8.4%), Vitamin B5: 0.67mg (6.74%), Calcium: 65.39mg (6.54%), Vitamin A: 286.94IU (5.74%)