



Sweet-and-Sour Stuffed Mustard Cabbage



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



419 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 lb wrapped-heart mustard cabbage (2 heads)
- ☐ 28 oz canned tomatoes whole canned
- ☐ 0.5 cup cherries dried sour
- ☐ 3 tablespoons brown sugar dark packed
- ☐ 1 lb ground beef lean (preferably not)
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup onion grated

- ☐ 3 tablespoons rice long-grain
- ☐ 2 teaspoons salt
- ☐ 3 tablespoons vegetable oil
- ☐ 3 tablespoons water

Equipment

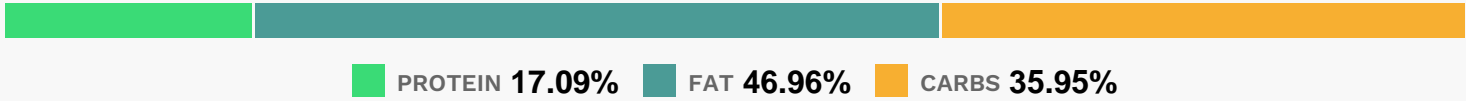
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Cook onion in oil in a 12-inch deep heavy skillet over moderate heat, stirring occasionally, until golden, 12 to 15 minutes.
- ☐ Add tomatoes with juice, lemon juice, brown sugar, cherries, salt, and pepper and simmer, uncovered, breaking up tomatoes into smaller pieces with a wooden spoon and stirring occasionally, 30 minutes.
- ☐ Immerse whole heads of cabbage, 1 at a time if necessary, in a large pot of boiling salted water and cook until leaves are tender but still hold their shape, about 5 minutes.
- ☐ Transfer cabbages with a large slotted spoon to a large bowl of ice and cold water to stop cooking, then drain in a colander. Separate leaves, then cut off and reserve tough stem ends. Discard core. Pat leaves dry with paper towels.
- ☐ Stir together beef, rice, water, onion, salt, and pepper.
- ☐ Spread out 1 large cabbage leaf on a work surface and put 2 tablespoons filling in center. Fold both sides of leaf toward center (over filling), then fold stem over filling and roll tightly into a cylinder. Stuff remaining cabbage leaves in same manner, using less filling for smaller leaves. Chop any unused leaves and reserved stem ends and stir into simmering sauce.

- ☐ Arrange stuffed cabbage rolls, seam sides down, in 1 layer over sauce and simmer, covered, 1 1/2 hours.
- ☐ • Stuffed cabbage rolls can be cooked 2 days ahead and cooled, uncovered, then chilled, covered. Reheat before serving.

Nutrition Facts



Properties

Glycemic Index:33.7, Glycemic Load:8.61, Inflammation Score:-8, Nutrition Score:25.798695398414%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 418.7kcal (20.94%), Fat: 22.52g (34.64%), Saturated Fat: 6.96g (43.51%), Carbohydrates: 38.77g (12.92%), Net Carbohydrates: 31.27g (11.37%), Sugar: 22.19g (24.66%), Cholesterol: 53.68mg (17.89%), Sodium: 1032.06mg (44.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.88%), Vitamin K: 135.96µg (129.48%), Vitamin C: 70.91mg (85.95%), Vitamin B6: 0.66mg (32.82%), Fiber: 7.5g (29.99%), Manganese: 0.6mg (29.9%), Vitamin B12: 1.62µg (26.96%), Vitamin B3: 5.31mg (26.53%), Zinc: 3.89mg (25.94%), Potassium: 883.99mg (25.26%), Iron: 4.2mg (23.33%), Folate: 90.94µg (22.73%), Phosphorus: 212.5mg (21.25%), Selenium: 13.82µg (19.75%), Vitamin E: 2.77mg (18.46%), Copper: 0.34mg (17.14%), Vitamin A: 792.24IU (15.84%), Vitamin B1: 0.23mg (15.61%), Magnesium: 61.2mg (15.3%), Vitamin B2: 0.25mg (14.58%), Calcium: 138.27mg (13.83%), Vitamin B5: 1.17mg (11.7%)