



WHATSheATE



Sweet Sausage Cabbage Pie with Dill & Feta

READY IN



120 min.

SERVINGS



4

CALORIES



1178 kcal

Ingredients

- ☐ 2.5 cup all purpose flour plus more for rolling surface
- ☐ 0.3 cup optional: dill chopped
- ☐ 4 ounce feta cheese crumbled
- ☐ 0.3 cup flat parsley chopped
- ☐ 2 clove garlic minced peeled
- ☐ 0.3 cup ice water
- ☐ 0.8 teaspoon kosher salt divided plus more to taste
- ☐ 2 tablespoon olive oil
- ☐ 1 pinch freshly cracked pepper black
- ☐ 1 pound sausages sweet

- ☐ 8 ounce butter unsalted chilled cut into pieces (2 sticks)

Equipment

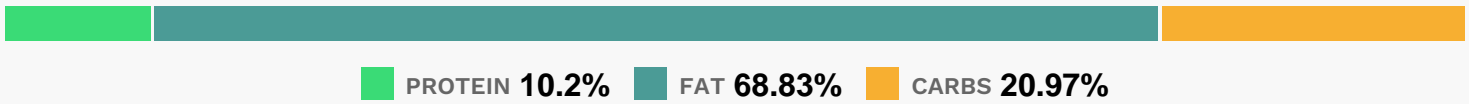
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Make the crust: Pulse 2 ½ cups flour and ¼ teaspoon salt in a food processor until combined.
- ☐ Add butter, and process until mixture resembles coarse meal, about 10 seconds. With machine running, add ice water in a slow, steady stream until dough just comes together (no longer than 30 seconds). Divide dough in half, shape each into a disc, and wrap in plastic. Refrigerate dough for at least 1 hour (or up to 2 days), or freeze for up to 1 month.
- ☐ Remove the sausages from their casings. Discard casings and crumble the meat.
- ☐ Add the crumbled meat to a large skillet set over medium heat. Cook completely, stirring often.
- ☐ Drain off excess fat and set aside. Bring a large pot of generously salted water to a boil. Meanwhile fill a large bowl with ice water.
- ☐ Add the cabbage to the boiling water and blanch for 1 minute.
- ☐ Transfer to the ice water, allow to cool for a couple of minutes, then drain, and spin dry.
- ☐ Heat 2 tablespoons of the olive oil in a large, heavy skillet set over medium heat.
- ☐ Add the onion and cook, stirring often, until tender, about 5 minutes.
- ☐ Add ½ teaspoon salt, stir together and stir in the garlic. Cook, stirring, until fragrant, about 30 seconds.
- ☐ Add the reserved cooked meat, stir to combine, then stir in the blanched cabbage. Cook, stirring often, until the mixture is very tender and the cabbage is beginning to color, about 10 minutes.
- ☐ Add salt and pepper to taste. Allow to cool somewhat. Stir in the feta, dill and parsley, and set aside. Pre-heat the oven to 375 degrees F.

- ☐
- Roll one of the chilled dough discs out to about a 12-inch round (depending on pan). Save the other disc for another use. Line a 10 to 12 by 2 inch deep oblong baking dish with the rolled out dough, allowing it to evenly drape over both long sides. Fill with the cabbage mixture. Fold the draped edges in over the filling. It need not meet in the center.
- ☐
- Brush with egg wash, drizzling any extra over the cabbage mixture.
- ☐
- Bake 40 to 50 minutes in the pre-heated oven, until the crust is crisp and dark golden brown.
- ☐
- Serve hot, warm, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:43.63, Inflammation Score:-9, Nutrition Score:28.677826010663%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 1177.55kcal (58.88%), Fat: 90g (138.47%), Saturated Fat: 43.97g (274.79%), Carbohydrates: 61.71g (20.57%), Net Carbohydrates: 59.37g (21.59%), Sugar: 0.29g (0.32%), Cholesterol: 228.78mg (76.26%), Sodium: 1493.25mg (64.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Vitamin K: 70.95µg (67.57%), Vitamin B1: 0.98mg (65.31%), Vitamin B3: 10.36mg (51.78%), Vitamin B2: 0.8mg (46.88%), Selenium: 31.52µg (45.03%), Vitamin A: 2164.48IU (43.29%), Folate: 165.03µg (41.26%), Phosphorus: 353.06mg (35.31%), Manganese: 0.62mg (31.06%), Iron: 5.58mg (30.98%), Vitamin B6: 0.53mg (26.54%), Zinc: 3.96mg (26.42%), Vitamin B12: 1.54µg (25.66%), Calcium: 190.19mg (19.02%), Vitamin E: 2.67mg (17.78%), Vitamin D: 2.44µg (16.25%), Vitamin B5: 1.48mg (14.76%), Potassium: 444.97mg (12.71%), Copper: 0.22mg (11.14%), Magnesium: 43.65mg (10.91%), Vitamin C: 8.75mg (10.6%), Fiber: 2.33g (9.33%)