



Ukrainian Cabbage Rolls

 Vegetarian  Gluten Free

READY IN



150 min.

SERVINGS



8

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 1 medium head cabbage
- 1 onion chopped
- 8 servings salt and pepper to taste
- 46 fluid ounce sacramento tomato juice canned
- 1.5 cups rice white uncooked

Equipment

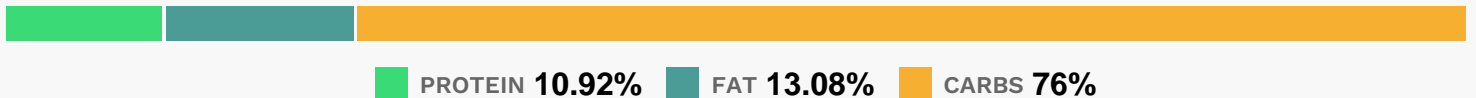
- frying pan

- sauce pan
- oven
- casserole dish

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 2 quart casserole dish.
- Steam the whole head of cabbage until it is al dente. Meanwhile, in a saucepan bring 3 cups of water to a boil.
- Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- Melt butter in a small skillet over medium heat.
- Saute onion until translucent; stir into cooked rice. Season with salt and pepper to taste.
- Cut the leaves off of the cabbage and cut the larger leaves in half. Spoon 1 tablespoon of rice into a leaf and roll tightly.
- Place rolls in prepared casserole dish, stacking in layers.
- Pour tomato juice over the rolls, using enough just to cover.
- Cover and bake in preheated oven for 2 hours.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:22.11, Inflammation Score:-7, Nutrition Score:20.336956588146%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 239.99kcal (12%), Fat: 3.67g (5.65%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 48g (16%), Net Carbohydrates: 41.24g (15%), Sugar: 11.74g (13.04%), Cholesterol: 7.53mg (2.51%), Sodium: 463.45mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.79%), Vitamin K: 95.61µg (91.05%), Vitamin C: 58.2mg

(70.55%), Manganese: 0.89mg (44.42%), Fiber: 6.75g (27.01%), Vitamin B6: 0.47mg (23.46%), Potassium: 751.98mg (21.49%), Copper: 0.41mg (20.73%), Folate: 76.4µg (19.1%), Iron: 3.05mg (16.96%), Vitamin E: 2.42mg (16.12%), Vitamin B1: 0.23mg (15.17%), Vitamin B3: 2.92mg (14.58%), Magnesium: 57.75mg (14.44%), Phosphorus: 128.64mg (12.86%), Calcium: 117.04mg (11.7%), Vitamin A: 564.53IU (11.29%), Vitamin B5: 1.09mg (10.86%), Selenium: 6.7µg (9.58%), Vitamin B2: 0.16mg (9.16%), Zinc: 1.07mg (7.12%)