



Vegetarian Cabbage Rolls

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds cabbage green
- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 1 cup zucchini diced
- 1 cup rice white cooked
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 teaspoon basil dried

- 0.5 teaspoon caraway seeds
- 12 ounces chili sauce
- 4 ounces cheddar cheese shredded
- 0.3 cup vegetable stock dry white

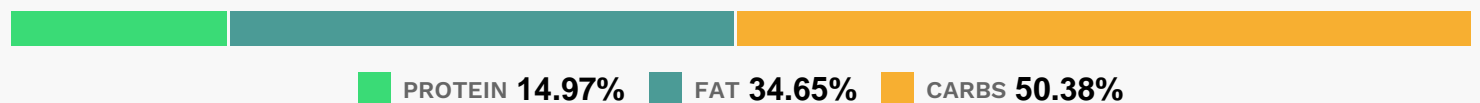
Equipment

- sauce pan
- oven
- baking pan

Directions

- Heat oven to 350°. Spray rectangular baking dish, 11x7x1 1/2 inches, with cooking spray.
- Remove 8 leaves of cabbage while holding head under running water. Cover leaves with boiling water. Cover and let stand about 10 minutes or until leaves are limp; drain.
- Heat oil in 3-quart saucepan over medium heat. Cook onion and zucchini in oil about 3 minutes, stirring occasionally, until crisp-tender. Stir in rice, salt, pepper, basil, caraway seed, half of the chili sauce and 2/3 cup of the cheese.
- Place about 1/4 cup rice mixture at stem end of each leaf.
- Roll leaf around rice mixture, tucking in sides.
- Place seam side down in dish.
- Sprinkle wine over cabbage rolls.
- Cover and bake 30 minutes. Spoon remaining chili sauce over rolls.
- Sprinkle with remaining 1/3 cup cheese.
- Bake uncovered about 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:74.75, Glycemic Load:16.05, Inflammation Score:-9, Nutrition Score:25.417826108311%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 347.75kcal (17.39%), Fat: 13.8g (21.23%), Saturated Fat: 6.15g (38.44%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 36.42g (13.24%), Sugar: 20.44g (22.71%), Cholesterol: 28.35mg (9.45%), Sodium: 1719.25mg (74.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Vitamin K: 189.62µg (180.59%), Vitamin C: 103.7mg (125.7%), Fiber: 8.74g (34.96%), Manganese: 0.68mg (33.86%), Calcium: 329.73mg (32.97%), Folate: 124.38µg (31.09%), Vitamin B6: 0.55mg (27.64%), Phosphorus: 269.9mg (26.99%), Potassium: 857.67mg (24.5%), Vitamin A: 1181.79IU (23.64%), Vitamin B2: 0.32mg (18.77%), Selenium: 12.81µg (18.3%), Vitamin E: 2.56mg (17.03%), Vitamin B1: 0.26mg (17.03%), Magnesium: 60.04mg (15.01%), Zinc: 1.95mg (12.97%), Iron: 2.31mg (12.82%), Vitamin B3: 2.25mg (11.25%), Copper: 0.22mg (11.2%), Vitamin B5: 0.84mg (8.44%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.17µg (1.13%)