



Vegetarian Grape Leaves (Dolmades)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



45

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.5 cup optional: dill fresh minced
- ☐ 0.3 cup mint leaves fresh minced
- ☐ 1 leaves mint leaves fresh (for garnish – optional)
- ☐ 50 large grape leaves fresh jarred (or)
- ☐ 6 tbsp juice of lemon divided freshly squeezed
- ☐ 1 tbsp lemon zest
- ☐ 1 medium onion minced

- ☐ 0.5 cup pinenuts
- ☐ 1 medium pot roast cut with high sides, a large pot, a plate
- ☐ 45 servings salt and pepper
- ☐ 1.8 cups vegetable stock yellow divided (a broth is best)
- ☐ 1.5 cups rice long grain white

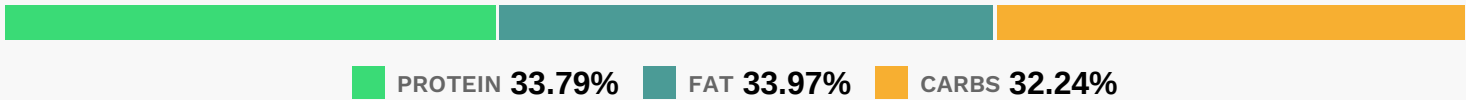
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Vegetarian Grape Leaves (Dolmades)
- ☐ ingredients1/2 cup pine nuts1 ½ cups long grain white rice1 medium onion, minced1/2 cup fresh minced dill1/4 cup fresh minced mint6 tbsp freshly squeezed lemon juice, divided1 tbsp lemon zest1 3/4 cups vegetable broth (a yellow broth is best), divided50 large grape leaves (fresh or jarred)Salt and pepper1/2 cup extra virgin olive oil
- ☐ Fresh mint leaves, lemon slices, and olives (for garnish – optional)You will also need a medium pot, a sauté pan with high sides, a large pot, a plate
- ☐ Servings: 45–50 stuffed grape leaves
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:3.29, Glycemic Load:3.07, Inflammation Score:-6, Nutrition Score:5.6299999764432%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 78.3kcal (3.92%), Fat: 2.94g (4.53%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 5.69g (2.07%), Sugar: 0.51g (0.57%), Cholesterol: 16.84mg (5.61%), Sodium: 250.69mg (10.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.17%), Vitamin A: 988.48IU (19.77%), Manganese: 0.31mg (15.58%), Zinc: 1.62mg (10.8%), Selenium: 7.34µg (10.48%), Vitamin B12: 0.55µg (9.11%), Vitamin B3: 1.61mg (8.07%), Vitamin B6: 0.16mg (7.85%), Phosphorus: 72.24mg (7.22%), Vitamin K: 5.04µg (4.8%), Iron: 0.8mg (4.46%), Magnesium: 15.31mg (3.83%), Vitamin B2: 0.06mg (3.83%), Copper: 0.07mg (3.7%), Potassium: 122.31mg (3.49%), Vitamin B5: 0.25mg (2.53%), Vitamin C: 2.03mg (2.46%), Vitamin E: 0.36mg (2.41%), Fiber: 0.6g (2.38%), Folate: 9.09µg (2.27%), Vitamin B1: 0.03mg (2.22%), Calcium: 20.64mg (2.06%)