



WHATSheATE



Whole Grain and Italian Sausage–Stuffed Cabbage

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons brown sugar
- ☐ 1.3 cups bulgur uncooked
- ☐ 2 teaspoons butter
- ☐ 2 cups canned tomatoes canned crushed
- ☐ 0.7 cup carrots finely chopped
- ☐ 0.7 cup celery finely chopped
- ☐ 0.5 ounce the following: parmesan rind) dried crushed

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 pound turkey sausage italian hot
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 12 large savoy cabbage leaves
- ☐ 2 cups water

Equipment

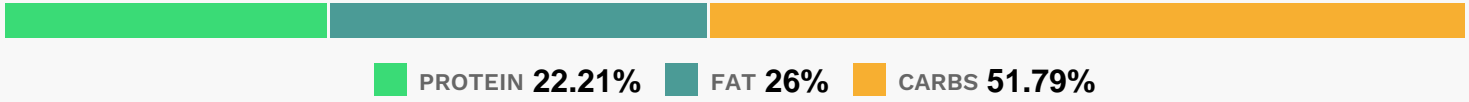
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Bring 2 cups water to a boil in a saucepan. Stir in mushrooms; cover, remove from heat, and let stand 10 minutes.
- ☐ Uncover pan; bring mushroom mixture to a boil. Stir in bulgur; cover, remove from heat, and let stand 30 minutes or until liquid is absorbed. Spoon bulgur mixture into a large bowl.
- ☐ Heat butter and oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, celery, carrot, and garlic to pan; saut 7 minutes or until tender and lightly browned.
- ☐ Add vegetables to bulgur mixture; cool slightly. Stir in salt and pepper.
- ☐ Remove casings from sausage. Crumble sausage into bulgur mixture; stir well to combine.
- ☐ Add water to a large Dutch oven to a depth of 2 inches; set a large vegetable steamer in pan. Bring water to a boil over medium-high heat.
- ☐ Add cabbage leaves to steamer. Steam cabbage, covered, 6 minutes or until tender and pliable.

- ☐ Remove cabbage from steamer (do not drain water). Rinse cabbage with cold water; drain and pat dry.
- ☐ Working with one cabbage leaf at a time, place 1/2 cup bulgur mixture in center of leaf. Fold in edges of leaf; roll up. Repeat procedure with the remaining cabbage leaves and bulgur mixture to form 12 cabbage rolls. Stack rolls evenly in steamer.
- ☐ Return Dutch oven to medium-high heat; bring water to a boil. Steam rolls, covered, 30 minutes, adding more water if necessary.
- ☐ Combine tomatoes, red wine vinegar, and sugar in saucepan; cook over medium heat 5 minutes or until thoroughly heated, stirring occasionally.
- ☐ Remove from heat; stir in parsley.
- ☐ Serve sauce with rolls.

Nutrition Facts



Properties

Glycemic Index:61.14, Glycemic Load:11.17, Inflammation Score:-10, Nutrition Score:28.854782555414%

Flavonoids

Apigenin: 3.53mg, Apigenin: 3.53mg, Apigenin: 3.53mg, Apigenin: 3.53mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 308.83kcal (15.44%), Fat: 9.42g (14.49%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 42.21g (14.07%), Net Carbohydrates: 31.78g (11.56%), Sugar: 10.5g (11.67%), Cholesterol: 43.65mg (14.55%), Sodium: 1056.67mg (45.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.21%), Vitamin A: 3346.32IU (66.93%), Manganese: 1.3mg (64.98%), Vitamin K: 65.66µg (62.54%), Vitamin C: 50.63mg (61.37%), Iron: 9.52mg (52.87%), Fiber: 10.43g (41.71%), Vitamin B6: 0.7mg (34.86%), Phosphorus: 298.87mg (29.89%), Vitamin B3: 5.97mg (29.83%), Selenium: 19.83µg (28.33%), Magnesium: 107.19mg (26.8%), Copper: 0.52mg (26.08%), Potassium: 781.32mg (22.32%), Folate: 80.6µg (20.15%), Zinc: 2.83mg (18.89%), Vitamin B5: 1.85mg (18.53%), Vitamin B1: 0.25mg (16.66%), Vitamin B2: 0.28mg (16.21%), Calcium: 94.13mg (9.41%), Vitamin E: 1.38mg (9.22%), Vitamin B12: 0.33µg (5.47%)