



## Wild Rice Stuffed Cabbage

 Vegetarian  Gluten Free  Very Healthy

READY IN



85 min.

SERVINGS



6

CALORIES



1056 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 1 stalk celery finely chopped
- 4 cloves garlic chopped
- 1 cup apples green finely chopped
- 2.5 cups chicken broth reduced-sodium
- 26 ounce tomatoes
- 15 large cabbage leaves green
- 1.5 cups onions frozen chopped

- 0.5 cup pecans chopped
- 6 ounce rice mix long grain wild

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 350 degrees F. In a medium saucepan, melt butter over medium-high heat.
- Add 1/2 cup of the onions, the celery, and apple; saute for 5 minutes. Stir in rice, seasoning packet from rice mix, 3/4 cup of the broth, and garlic. Bring to a boil. Cover and simmer for 10 minutes or until liquid is absorbed. Rice should be al dente.
- Transfer to a medium bowl; stir in pecans. Set aside.
- Place 12 to 15 large cabbage leaves in a large bowl. Cover with boiling water; let stand for 2 to 3 minutes or until wilted.
- Cut off thickest part of each cabbage leaf.
- Place 2 tablespoons of the rice mixture near the stem end of a leaf. Fold over sides and roll up. Do not roll too tightly as the rice will expand as it cooks. Repeat with remaining leaves and rice mixture.
- Place cabbage rolls, seam sides down, in a shallow baking dish.
- Pour marinara sauce over the top and sprinkle with remaining onions. Cover pan tightly with aluminum foil.
- Bake in preheated oven for 1 hour.
- Serve hot with sauce.

## Nutrition Facts



■ PROTEIN 15.64% ■ FAT 11.01% ■ CARBS 73.35%

## Properties

Glycemic Index:55.2, Glycemic Load:62.89, Inflammation Score:-10, Nutrition Score:71.14086970039%

## Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 3.22mg, Luteolin: 3.22mg, Luteolin: 3.22mg, Luteolin: 3.22mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 17.75mg, Quercetin: 17.75mg, Quercetin: 17.75mg, Quercetin: 17.75mg

## Nutrients (% of daily need)

Calories: 1055.67kcal (52.78%), Fat: 14.69g (22.6%), Saturated Fat: 4.33g (27.03%), Carbohydrates: 220.07g (73.36%), Net Carbohydrates: 137.65g (50.06%), Sugar: 108.71g (120.79%), Cholesterol: 10.03mg (3.34%), Sodium: 1212.3mg (52.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.94g (93.88%), Vitamin K: 2377.92µg (2264.68%), Vitamin C: 1155.37mg (1400.45%), Folate: 1367.75µg (341.94%), Fiber: 82.41g (329.65%), Manganese: 5.94mg (296.99%), Vitamin B6: 4.15mg (207.55%), Potassium: 5930.43mg (169.44%), Vitamin B1: 2.04mg (136%), Calcium: 1301.28mg (130.13%), Magnesium: 418.26mg (104.56%), Phosphorus: 951.3mg (95.13%), Iron: 16.66mg (92.58%), Vitamin B2: 1.41mg (82.76%), Vitamin A: 3753.4IU (75.07%), Vitamin B5: 7.46mg (74.55%), Vitamin B3: 10.53mg (52.64%), Copper: 0.99mg (49.26%), Zinc: 6.82mg (45.45%), Vitamin E: 6.78mg (45.2%), Selenium: 15.28µg (21.83%), Vitamin B12: 0.11µg (1.77%)