

# Stuffed Cabbage Rolls (Greek Style)

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*Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio*

## **Servings: 6**

*1 large head (3 pounds) cabbage*  
*1 pound ground pork*  
*1/2 cup raw rice*  
*1/4 cup green onion, chopped*  
*3 tablespoons ketchup*  
*1 tablespoon dried dill weed*  
*1/2 teaspoon salt*  
*dash pepper*  
*1 egg, slightly beaten*  
*1 can (10-3/4 ounce) chicken broth*  
*2 tablespoons vegetable oil*  
*1 tablespoon all-purpose flour*  
*1 tablespoon lemon juice*  
*1 small lemon (optional), cut into wedges*

In a large kettle, bring three quarts of water to a boil. Add the cabbage. Simmer for 2 to 3 minutes or until the leaves are pliable. Remove the cabbage and drain. Carefully remove twelve large leaves from the cabbage. Trim the thick rib. If the leaves are not soft enough to roll, return to the boiling water for 1 minute.

In a large bowl, combine the pork, rice, green onion, ketchup, dill, salt, pepper and egg. Mix with a fork until well blended.

Place two slightly rounded tablespoons of meat mixture in the hollow of each of the twelve cabbage leaves. Fold the side leaf over the stuffing. Roll up from the thick side of the leaf.

In a five-quart Dutch oven, place a few of the remaining cabbage leaves. Arrange the rolls, seam side down, on the leaves. Pour the chicken broth and vegetable oil over the rolls. Bring to boiling over medium heat. Simmer, covered, for 15 minutes, basting occasionally with broth.

To serve, arrange the cabbage rolls in a warm serving dish.

Measure the remaining broth. Add water to make one cup. Return to the Dutch oven, Gradually blend in the flour. Add the lemon juice and 1/2 teaspoon of salt. Bring to a boil. Simmer for 3 minutes. Stir until smooth. Spoon over the cabbage.

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Per Serving (excluding unknown items): 277 Calories; 22g Fat (70.8% calories from fat); 15g Protein; 5g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 452mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.

Pork

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	277
<b>% Calories from Fat:</b>	70.8%
<b>% Calories from Carbohydrates:</b>	7.0%
<b>% Calories from Protein:</b>	22.1%
<b>Total Fat (g):</b>	22g
<b>Saturated Fat (g):</b>	7g
<b>Monounsaturated Fat (g):</b>	10g
<b>Polyunsaturated Fat (g):</b>	3g
<b>Cholesterol (mg):</b>	90mg
<b>Carbohydrate (g):</b>	5g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	15g
<b>Sodium (mg):</b>	452mg
<b>Potassium (mg):</b>	368mg
<b>Calcium (mg):</b>	39mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	2mg
<b>Vitamin C (mg):</b>	9mg
<b>Vitamin A (i.u.):</b>	188IU
<b>Vitamin A (r.e.):</b>	27 1/2RE

<b>Vitamin B6 (mg):</b>	.3mg
<b>Vitamin B12 (mcg):</b>	.7mcg
<b>Thiamin B1 (mg):</b>	.6mg
<b>Riboflavin B2 (mg):</b>	.2mg
<b>Folacin (mcg):</b>	21mcg
<b>Niacin (mg):</b>	4mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0%

**Food Exchanges**

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	2
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	3
<b>Other Carbohydrates:</b>	0

**Nutrition Facts**

Servings per Recipe: 6

**Amount Per Serving**

**Calories** 277 **Calories from Fat:** 196

**% Daily Values\***

<b>Total Fat</b> 22g	33%
Saturated Fat 7g	34%
<b>Cholesterol</b> 90mg	30%
<b>Sodium</b> 452mg	19%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber 1g	3%
<b>Protein</b> 15g	

<b>Vitamin A</b>	4%
<b>Vitamin C</b>	14%
<b>Calcium</b>	4%
<b>Iron</b>	8%

\* Percent Daily Values are based on a 2000 calorie diet.