

Stuffed Cabbage Roll

Yield: 10 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/best-italian-cabbage-roll-recipe>

Ingredients:

- 2 heads cabbage
- 1 pound ground beef 80/15%
- 1 pound ground bison Buffalo
- 1 cup long-grain white rice cooked and cooled**
- 1 Spanish onion medium, diced
- 3 cloves garlic finely diced
- fresh parsley leaves to taste, chopped
- coarse sea salt
- freshly ground pepper
- 32 ounces sauerkraut with juice
- 24 ounces passata or regular tomato juice***

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 60 milligrams
4. Fat: 8 grams
5. Fiber: 8 grams
6. Protein: 24 grams
7. SaturatedFat: 3 grams
8. Sodium: 720 milligrams
9. Sugar: 6 grams

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