

Dolmeh (Stuffed Grape Leaves)

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-grape-leaves-recipe>

Ingredients:

- 1/4 cup olive oil
- 1 cup diced yellow onion
- 1/2 scallions chopped
- 1 tablespoon garlic peeled and finely chopped
- 1 pound ground beef
- 1/3 cup green peas split
- 2/3 cup basmati rice rinsed
- 1/2 cup fresh dill finely chopped
- 1/2 cup fresh tarragon finely chopped
- 1 teaspoon ground cinnamon
- 1/4 teaspoon saffron threads
- grape leaves rinsed and stem removed
- 1/2 cup freshly squeezed lemon juice
- 1/4 cup sugar

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 75 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 9 grams
8. Sodium: 85 milligrams
9. Sugar: 16 grams
10. TransFat: 1 grams

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