

# Halupki (Stuffed Cabbage)

Yield: 10 min  
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-halupki-recipe>

## Ingredients:

- 1 head cabbage cored
- water to cover
- 1/4 teaspoon salt
- 1 1/2 pounds lean ground beef
- 1 1/2 pounds ground pork
- 1 1/2 cups cooked white rice
- 1/4 cup finely chopped onion
- 2 tablespoons fresh parsley chopped
- 2 eggs slightly beaten
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 28 ounces tomato sauce
- 1/4 cup white vinegar
- 2 2/3 tablespoons white sugar

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 135 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 8 grams
8. Sodium: 620 milligrams
9. Sugar: 11 grams

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