

Lazy Day Cabbage Rolls – Kåldolmar

Yield: 6 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-koldomer-recipe>

Ingredients:

- 1 head cabbage
- 1 pound ground beef grass fed
- 1 egg
- 1 cup cooked rice
- 2 tablespoons minced onion
- 2 cloves garlic grated
- 1 tablespoon worcestershire sauce
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- grated nutmeg Freshly
- 14 1/2 ounces fire roasted tomatoes can, with garlic, or other diced tomatoes
- 1 tablespoon maple syrup real

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 85 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 19 grams
7. SaturatedFat: 5 grams
8. Sodium: 600 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

Thank you for visiting our website. Hope you enjoy Lazy Day Cabbage Rolls – Kåldolmar above. You can see more 19 swedish koldomer recipe Prepare to be amazed! to get more great cooking ideas.