

# Dolmades (Stuffed Grape Leaves)

Yield: 50 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-meat-dolmades-recipe>

## Ingredients:

- 16 ounces grape leaves drained and unrolled
- 3/4 cup extra-virgin olive oil
- 3 cloves garlic minced
- 2 scallions minced
- 1 yellow onion large, minced
- 2/3 cup long grain rice
- kosher salt
- ground black pepper
- 3 tablespoons fresh dill minced
- 1/2 cup fresh lemon juice

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 4 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 15 milligrams
7. Sugar: 1 grams

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