

Stuffed Cabbage Rolls

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-cabbage-rolls-indian-recipe>

Ingredients:

- 1 cabbage small size
- 1 liter water
- 1 tablespoon salt
- 2 cups rice
- 2 onions large, finely chopped
- 4 tomatoes diced
- 1 green pepper chopped
- 2 scallions chopped
- 4 cloves garlic minced
- 1/4 cup parsley minced
- 2 lemons squeezed
- 1 tablespoon pepper /tomato paste
- 1 teaspoon dry mint
- 1 teaspoon salt
- 1 teaspoon thyme
- 1 teaspoon black pepper
- 1/2 cup extra-virgin olive oil

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 59 grams
3. Fat: 27 grams
4. Fiber: 11 grams
5. Protein: 7 grams
6. SaturatedFat: 4 grams
7. Sodium: 2430 milligrams
8. Sugar: 7 grams

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