

Slovak Holubky (Stuffed Cabbage)

Ann Vavrek

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 8

1 small onion chopped
1 teaspoon vegetable shortening
1 pound ground beef
1 pound ground pork
1/2 cup raw rice
1/4 teaspoon pepper
1 large head cabbage
1 can (27 ounce) sauerkraut,
undrained
1 can (16 ounce) tomato juice

In a small skillet, saute' the onion in shortening until golden brown.

In a large mixing bowl, combine the onion with the beef, pork, rice and pepper.

In a large kettle, parboil the cabbage in water to cover until the leaves soften. Holding the cabbage firmly with a fork, carefully cut off the outer leaves as they soften. Drain on a paper towel. Trim off the thick center vein.

Spoon the meat mixture into the center of each leaf. Roll up and tuck in the ends.

In the bottom of a large heavy kettle or saucepan, spread one-half of the sauerkraut. Arrange the cabbage rolls on top. Cover with the remaining sauerkraut. Pour the tomato juice over all.

Cover and cook slowly for one and one-half hours.

Per Serving (excluding unknown items): 341 Calories; 28g Fat (73.8% calories from fat); 20g Protein; 3g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 322mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 4 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	341	Vitamin B6 (mg):	.4mg
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% Calories from Fat:	73.8%
% Calories from Carbohydrates:	3.0%
% Calories from Protein:	23.2%
Total Fat (g):	28g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	89mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	20g
Sodium (mg):	322mg
Potassium (mg):	404mg
Calcium (mg):	28mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	109IU
Vitamin A (r.e.):	11 1/2RE

Vitamin B12 (mcg):	1.9mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	22mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 341 **Calories from Fat:** 252

% Daily Values*

Total Fat 28g	43%
Saturated Fat 11g	54%
Cholesterol 89mg	30%
Sodium 322mg	13%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	5%
Protein 20g	
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Vitamin A	2%
Vitamin C	19%
Calcium	3%
Iron	12%

* Percent Daily Values are based on a 2000 calorie diet.