

Andy's Stuffed Cabbage

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"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 large head cabbage
3 pounds ground pork
2 eggs, beaten
2 cloves garlic, minced small
2 medium onions, finely diced
1 small piece green pepper, finely diced
1/2 cup uncooked rice
1/2 - one cup bread crumbs
2 tablespoons fresh parsley, chopped
salt and pepper (to taste)
tomato juice
corn starch
sour cream

Core the head of cabbage. Place in salted boiling water. When cooked, pull off the leaves and cut the thick rib off of each.

In a large bowl, combine the pork, eggs, garlic, onion, pepper, rice, bread crumbs, parsley, salt and pepper. Mix well.

Fill the leaves with the meat mixture. Roll the leaves and tuck in the ends.

Chop the remaining cabbage leaves. Place them in a large pot to cover the bottom. Place the cabbage rolls loosely in the pot over the bottom cabbage layer. Cover the cabbage rolls with tomato juice. Cook on medium heat. Use cornstarch to thicken the tomato sauce.

Serve with a dollop of sour cream (Hungarian style).

Per Serving (excluding unknown items): 4093 Calories; 302g Fat (67.4% calories from fat); 255g Protein; 74g Carbohydrate; 10g Dietary Fiber; 1405mg Cholesterol; 1398mg Sodium. Exchanges: 2 1/2 Grain(Starch); 34 1/2 Lean Meat; 6 Vegetable; 39 1/2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	4093	Vitamin B6 (mg):	6.0mg
% Calories from Fat:	67.4%	Vitamin B12 (mcg):	10.8mcg
% Calories from Carbohydrates:	7.3%	Thiamin B1 (mg):	10.7mg
% Calories from Protein:	25.2%	Riboflavin B2 (mg):	4.0mg

Total Fat (g): 302g
Saturated Fat (g): 111g
Monounsaturated Fat (g): 134g
Polyunsaturated Fat (g): 28g
Cholesterol (mg): 1405mg
Carbohydrate (g): 74g
Dietary Fiber (g): 10g
Protein (g): 255g
Sodium (mg): 1398mg
Potassium (mg): 5003mg
Calcium (mg): 483mg
Iron (mg): 19mg
Zinc (mg): 33mg
Vitamin C (mg): 170mg
Vitamin A (i.u.): 1844IU
Vitamin A (r.e.): 292 1/2RE

Folacin (mcg): 293mcg
Niacin (mg): 64mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 2 1/2
Lean Meat: 34 1/2
Vegetable: 6
Fruit: 0
Non-Fat Milk: 0
Fat: 39 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 4093 **Calories from Fat:** 2760

% Daily Values*

Total Fat	302g	465%
Saturated Fat	111g	555%
Cholesterol	1405mg	468%
Sodium	1398mg	58%
Total Carbohydrates	74g	25%
Dietary Fiber	10g	39%
Protein	255g	
Vitamin A		37%
Vitamin C		284%
Calcium		48%
Iron		107%

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