



Asian Meatball and Rice Toss

READY IN



35 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 6.8 oz vermicelli
- 3 cups water
- 0.3 cup sesame-ginger dressing
- 16 oz meatballs frozen thawed cooked
- 1 cup carrots (2x)
- 0.5 cup snow peas fresh halved
- 3 tablespoons roasted peanuts chopped
- 3 tablespoons spring onion chopped

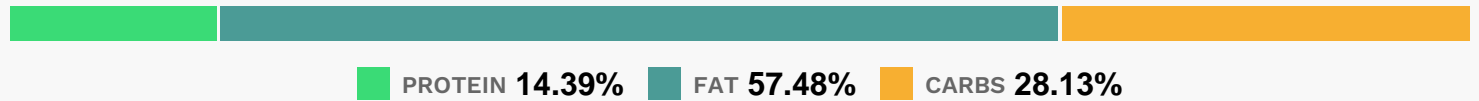
Equipment

- frying pan

Directions

- Melt butter in 12-inch nonstick skillet over medium heat. Stir in rice and vermicelli from mix; cook and stir 2 to 3 minutes or until rice is lightly browned.
- Add water, Asian marinade and contents of seasoning packet from mix; bring to a boil. Reduce heat to medium-low.
- Add meatballs and carrots; cover and cook 15 to 18 minutes or until rice is tender, stirring occasionally.
- Stir in pea pods. Cook, uncovered an additional 2 to 3 minutes or until pea pods are crisp-tender.
- Garnish individual servings with peanuts and onions.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:15.94, Inflammation Score:-9, Nutrition Score:15.496956825256%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 452.85kcal (22.64%), Fat: 28.79g (44.29%), Saturated Fat: 9.65g (60.3%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 29.71g (10.8%), Sugar: 2.57g (2.85%), Cholesterol: 64.46mg (21.49%), Sodium: 312.8mg (13.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.22g (32.44%), Vitamin A: 3809.54IU (76.19%), Vitamin B1: 0.61mg (40.49%), Selenium: 24.19µg (34.56%), Phosphorus: 219.97mg (22%), Vitamin B3: 4.37mg (21.87%), Vitamin K: 19.17µg (18.26%), Vitamin B6: 0.35mg (17.58%), Manganese: 0.34mg (17.03%), Zinc: 2.12mg (14.11%), Vitamin B2: 0.21mg (12.37%), Potassium: 381.21mg (10.89%), Vitamin B12: 0.54µg (8.95%), Vitamin C: 7.25mg (8.79%), Magnesium: 33.02mg (8.25%), Fiber: 1.99g (7.94%), Iron: 1.37mg (7.59%), Vitamin B5: 0.72mg (7.18%), Vitamin E: 0.99mg (6.61%), Copper: 0.13mg (6.48%), Folate: 20.59µg (5.15%), Calcium: 41.39mg (4.14%)