



WHATSheATE



Asian Meatball and Rice Toss

READY IN



35 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

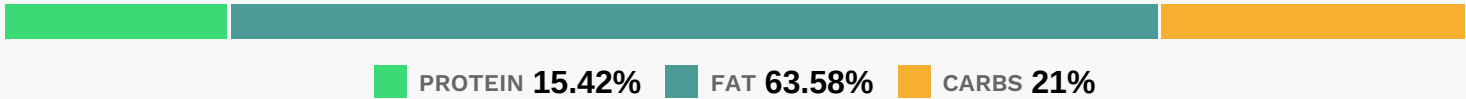
Equipment

- ☐ 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:13.67, Glycemic Load:0.05, Inflammation Score:-9, Nutrition Score:17.736521472102%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 474.7kcal (23.74%), Fat: 33.63g (51.74%), Saturated Fat: 12.02g (75.13%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 22.79g (8.29%), Sugar: 3.14g (3.49%), Cholesterol: 64.46mg (21.49%), Sodium: 899.47mg (39.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.72%), Vitamin B1: 1.07mg (71.45%), Vitamin A: 3187.46IU (63.75%), Selenium: 22.95µg (32.78%), Vitamin B3: 5.56mg (27.8%), Phosphorus: 208.2mg (20.82%), Vitamin B6: 0.37mg (18.39%), Manganese: 0.35mg (17.63%), Vitamin K: 18.36µg (17.49%), Vitamin B2: 0.29mg (16.82%), Zinc: 2.21mg (14.73%), Iron: 2.59mg (14.38%), Folate: 56.35µg (14.09%), Potassium: 413.31mg (11.81%), Vitamin B12: 0.6µg (9.92%), Magnesium: 36.44mg (9.11%), Vitamin E: 1.35mg (9.02%), Fiber: 2.2g (8.8%), Vitamin B5: 0.83mg (8.26%), Copper: 0.16mg (8.22%), Vitamin C: 6.74mg (8.17%), Calcium: 45.03mg (4.5%)