



 **21%**
HEALTH SCORE

Asian Meatballs with Mushrooms and Rice Noodles

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch divided
- 1.3 teaspoons curry powder
- 1 teaspoon sesame oil dark
- 2 tablespoons sherry dry
- 0.3 cup fat-skimmed beef broth fat-free
- 2 teaspoons cilantro leaves fresh minced
- 2 teaspoons ginger fresh minced peeled

- 1 garlic clove minced
- 2 tablespoons spring onion thinly sliced
- 0.5 pound pd of ground turkey
- 1 tablespoon juice of lime fresh
- 1 tablespoon soy sauce low-sodium divided
- 0.3 cup mushrooms diced finely
- 0.3 cup mushrooms diced finely
- 1.5 cups mushrooms sliced
- 1.5 cups mushrooms sliced
- 4 ounces rice uncooked cooked (rice-flour noodles)
- 4 ounces rice uncooked cooked (rice-flour noodles)
- 4 ounces rice uncooked cooked (rice-flour noodles)
- 1 ginger tea bags
- 4 cups water hot

Equipment

- bowl
- oven
- knife
- baking pan
- aluminum foil
- wax paper
- kitchen scissors

Directions

- Preheat oven to 45
- Coat the inside of the oven bag with cooking spray.
- Place bag on a large shallow baking pan.

- Combine ground turkey, diced mushrooms, green onions, 2 teaspoons cornstarch, 1 teaspoon soy sauce, and sesame oil in a bowl, and shape into 16 (1-inch) meatballs.
- Place meatballs on a single layer of wax paper.
- Combine hot water and rice sticks in a bowl, and let stand 15 minutes.
- Drain well, and snip with scissors twice.
- Combine 1 teaspoon cornstarch and broth in a large bowl.
- Add 2 teaspoons soy sauce, sherry, and lime juice.
- Add rice sticks, sliced mushrooms, ginger, curry, and garlic, and toss well.
- Place the noodle mixture in the prepared oven bag.
- Place the meatballs on noodle mixture, and fold edges of bag over to seal.
- Bake at 450 for 20 minutes or until the meatballs are done.
- Place the oven bag on platter, cut open with a sharp knife, and peel back foil.
- Sprinkle with minced cilantro.

Nutrition Facts



Properties

Glycemic Index:292, Glycemic Load:53.05, Inflammation Score:-5, Nutrition Score:28.799130294634%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 447.72kcal (22.39%), Fat: 5.55g (8.53%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 60.58g (20.19%), Net Carbohydrates: 57.45g (20.89%), Sugar: 3.99g (4.43%), Cholesterol: 62.37mg (20.79%), Sodium: 499.08mg (21.7%), Alcohol: 1.54g (100%), Alcohol %: 0.2% (100%), Protein: 37.83g (75.65%), Vitamin B3: 18.13mg (90.66%), Selenium: 54.72µg (78.17%), Vitamin B6: 1.37mg (68.59%), Manganese: 1.04mg (52%), Phosphorus: 505.31mg

(50.53%), Vitamin B2: 0.86mg (50.35%), Vitamin B5: 4.27mg (42.7%), Copper: 0.83mg (41.57%), Potassium: 1035.2mg (29.58%), Zinc: 3.94mg (26.29%), Magnesium: 86.81mg (21.7%), Vitamin B1: 0.26mg (17.22%), Iron: 2.77mg (15.36%), Vitamin K: 14.38µg (13.7%), Folate: 53.53µg (13.38%), Fiber: 3.13g (12.51%), Vitamin B12: 0.7µg (11.7%), Vitamin C: 7.64mg (9.26%), Calcium: 59.06mg (5.91%), Vitamin D: 0.79µg (5.26%), Vitamin E: 0.56mg (3.72%), Vitamin A: 111.13IU (2.22%)