



## Creamy Tomato Meatballs

READY IN



45 min.

SERVINGS



45

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tsp adobo seasoning
- 28 oz canned tomatoes diced undrained canned
- 0.5 cup rice long-grain white cooked
- 0.5 cup knudsen cream sour
- 0.3 cup bread crumbs dry
- 1 eggs beaten
- 1 clove garlic minced
- 1 lb ground beef lean
- 1 Tbsp parmesan cheese grated kraft

1 jalapeño pepper seeded finely chopped

## Equipment

frying pan

sauce pan

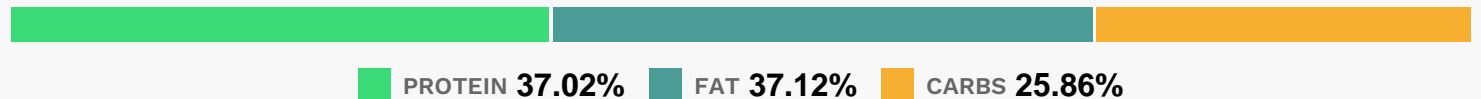
## Directions

Bring first 4 ingredients to boil in large saucepan on medium-high heat, stirring occasionally. Meanwhile, mix meat, rice, bread crumbs, egg and cheese; shape into 16 (2-inch) meatballs.

Add meatballs to tomato mixture; stir. Cover; simmer on medium-low heat 30 min. or until meatballs are done (160F), stirring occasionally.

Remove about 1/2 cup of the sauce; mix with sour cream. Return to pan; stir until blended.

## Nutrition Facts



## Properties

Glycemic Index:3.91, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:1.8708695594383%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 28.77kcal (1.44%), Fat: 1.19g (1.82%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.55g (0.61%), Cholesterol: 11.49mg (3.83%), Sodium: 40.47mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin B12: 0.24µg (4.06%), Zinc: 0.58mg (3.89%), Vitamin B3: 0.73mg (3.65%), Selenium: 2.52µg (3.59%), Vitamin B6: 0.07mg (3.31%), Phosphorus: 30.06mg (3.01%), Iron: 0.47mg (2.61%), Vitamin B2: 0.04mg (2.23%), Potassium: 75.96mg (2.17%), Vitamin C: 1.69mg (2.04%), Manganese: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.31%), Magnesium: 5.15mg (1.29%), Copper: 0.02mg (1.24%), Vitamin B5: 0.12mg (1.21%), Calcium: 12.03mg (1.2%), Vitamin E: 0.17mg (1.14%)