






 **18%**
HEALTH SCORE

Halloween Rats Baked in Blood

 Dairy Free

READY IN

135 min.

SERVINGS

6

CALORIES

379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lbs ground beef lean
- 0.5 cup rice long grain white uncooked
- 0.5 cup rice long grain white uncooked
- 0.5 medium onion finely chopped
- 1 eggs beaten
- 1 teaspoon salt
- 1 pinch pepper black
- 1 serving pasta like spaghetti uncooked

- 1 serving carrots raw thinly sliced
- 1 serving black beans cooked
- 19 ounce canned tomatoes canned
- 1.5 cups water
- 1 tablespoon granulated sugar
- 1 tablespoon worcestershire sauce
- 1 teaspoon salt
- 0.3 teaspoon pepper black

Equipment

- oven
- mixing bowl
- baking pan
- aluminum foil
- measuring cup

Directions

- In a mixing bowl, combine the ground beef, rice, onion, egg and 1 teaspoons (5 mL) of the salt.
- Mix well.
- Now make the rats. Using a measuring cup, scoop out 1/4 cup (50 mL) of the ground beef mixture. Form it, by hand, into a firmly packed teardrop shape — pointy on one end, rounded on the other. This is your basic rat.
- Place it into a 3-quart (3 liter) shallow baking dish and gently pinch in the neck area. Poke a piece of uncooked spaghetti into the larger rounded end as a tail. Repeat with the remaining ground beef mixture.
- When all the rats are neatly placed in the baking dish, stir together the tomatoes, water, sugar, Worcestershire sauce, remaining 1 teaspoons (5 mL) of salt and 1/4 teaspoons (1 mL) pepper.
- Pour over the rats. Cover the dish with foil wrap (or a lid, if it has one) and bake at 350° F (180° C) for 45 minutes. Uncover and continue to bake for another 45 to 50 minutes, basting occasionally with sauce, or until the rice is tender and the rats are fully cooked.

- Gently remove rats, one at a time, from the sauce and place gently on a serving platter. (Take care not to damage the tails – they're fairly delicate.) Into each rat, insert two carrot slices as ears, peppercorns (or whatever) for eyes, and a few more broken strands of uncooked spaghetti for whiskers. Spoon sauce around the rats and serve, smiling wickedly.

Nutrition Facts

PROTEIN 33.73% **FAT 17.03%** **CARBS 49.24%**

Properties

Glycemic Index:73.38, Glycemic Load:22.06, Inflammation Score:-9, Nutrition Score:22.820869425069%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg 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: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 378.83kcal (18.94%), Fat: 7.08g (10.9%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 46.09g (15.36%), Net Carbohydrates: 41.96g (15.26%), Sugar: 7.44g (8.26%), Cholesterol: 97.59mg (32.53%), Sodium: 1028.72mg (44.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.57g (63.14%), Selenium: 33.34µg (47.62%), Zinc: 6.79mg (45.29%), Vitamin B12: 2.61µg (43.42%), Vitamin B3: 8.19mg (40.97%), Vitamin A: 2018.41IU (40.37%), Manganese: 0.7mg (35.21%), Phosphorus: 349.19mg (34.92%), Vitamin B6: 0.69mg (34.57%), Iron: 4.88mg (27.12%), Potassium: 844.38mg (24.13%), Copper: 0.41mg (20.36%), Vitamin B2: 0.3mg (17.93%), Magnesium: 69.82mg (17.45%), Fiber: 4.13g (16.53%), Vitamin B5: 1.52mg (15.19%), Vitamin B1: 0.2mg (13%), Folate: 50.3µg (12.58%), Vitamin C: 9.94mg (12.04%), Vitamin E: 1.64mg (10.91%), Calcium: 70.68mg (7.07%), Vitamin K: 6.8µg (6.47%), Vitamin D: 0.26µg (1.73%)