



Handmade Four Cheese Meatballs

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 1 cup rice long-grain white cooled cooked
- 0.3 cup parsley fresh chopped
- 1.5 clove garlic minced
- 0.5 tsp garlic powder
- 1.5 lb ground beef lean
- 0.3 tsp onion powder
- 1 cups classico family favorites pasta sauce traditional

1 pkt. shake & bake seasoned panko seasoned coating mix

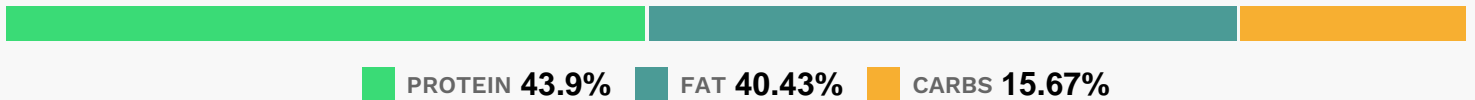
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 375F.
- Combine first 3 ingredients in medium bowl; stir in cheese.
- Mix meat, rice, garlic and half the cheese mixture just until blended; shape into 12 balls, using about 1/3 cup for each.
- Place in 13x9-inch baking dish sprayed with cooking spray.
- Bake 25 min.
- Cover with pasta sauce and remaining cheese mixture.
- Bake 10 min. or until meatballs are done (160F) and sauce is heated through.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:8.9, Inflammation Score:-5, Nutrition Score:17.965217579966%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 279.44kcal (13.97%), Fat: 12.3g (18.92%), Saturated Fat: 6.21g (38.81%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 9.86g (3.59%), Sugar: 1.57g (1.75%), Cholesterol: 89.14mg (29.71%), Sodium: 458.18mg (19.92%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.04g (60.08%), Vitamin B12: 2.74µg (45.66%), Zinc: 6.73mg (44.86%), Vitamin K: 42.95µg (40.91%), Selenium: 27.47µg (39.24%), Vitamin B3: 6.79mg (33.95%), Phosphorus: 337.12mg (33.71%), Vitamin B6: 0.54mg (26.93%), Iron: 3.36mg (18.67%), Vitamin B2: 0.3mg (17.61%), Potassium: 558.29mg (15.95%), Calcium: 157.14mg (15.71%), Vitamin A: 576.19IU (11.52%), Vitamin B5: 1.05mg (10.52%), Magnesium: 41.07mg (10.27%), Manganese: 0.2mg (10.09%), Copper: 0.17mg (8.33%), Vitamin C: 6.44mg (7.81%), Vitamin E: 1.08mg (7.19%), Vitamin B1: 0.07mg (4.82%), Folate: 18.1µg (4.52%), Fiber: 0.85g (3.42%), Vitamin D: 0.23µg (1.51%)