



KRAFT MAKERS Sweet & Sour Meatballs

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.8 oz recipe makers & chicken sweet sour divided kraft
- ☐ 6 green onions divided thinly sliced
- ☐ 0.5 lb ground beef lean
- ☐ 1 lb breakfast pork sausage reduced-fat
- ☐ 1 bell pepper red divided finely chopped
- ☐ 0.5 lb rice noodles dry
- ☐ 2 cups snow peas

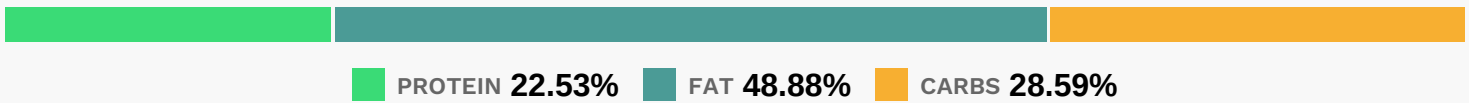
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375F.
- ☐ Mix half each of the Simmer Sauce, peppers and onions with meat just until blended. Shape into 18 (1-inch) balls.
- ☐ Place in 13x9-inch baking dish; cover with Finishing Sauce.
- ☐ Bake 25 min. or until done (160F).
- ☐ Meanwhile... Cook noodles as directed on package, omitting salt.
- ☐ Cook and stir snow peas and remaining vegetables in remaining Simmer Sauce in skillet on medium heat 2 to 4 min. or until snow peas are crisp-tender.
- ☐ Serve meatballs over noodles; top with vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:18.33, Inflammation Score:-8, Nutrition Score:19.790869650633%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 514.08kcal (25.7%), Fat: 27.36g (42.09%), Saturated Fat: 9.03g (56.46%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 33.82g (12.3%), Sugar: 2.42g (2.69%), Cholesterol: 103.04mg (34.35%), Sodium: 602.07mg (26.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.37g (56.75%), Vitamin C: 48.31mg (58.56%), Vitamin B3: 8.45mg (42.26%), Vitamin K: 34.9µg (33.24%), Phosphorus: 310.99mg (31.1%), Vitamin B6: 0.62mg (31%), Zinc: 4.47mg (29.79%), Vitamin B12: 1.59µg (26.56%), Selenium: 17.44µg (24.91%), Vitamin A: 1199.4IU (23.99%), Vitamin B1: 0.32mg (21.44%), Iron: 3.25mg (18.04%), Manganese: 0.32mg (16.16%), Potassium: 533.35mg (15.24%), Vitamin B2: 0.25mg (14.85%), Vitamin B5: 1.39mg (13.92%), Magnesium: 42.77mg (10.69%), Folate:

36.32μg (9.08%), Fiber: 2.18g (8.73%), Copper: 0.16mg (8.19%), Vitamin D: 1.09μg (7.25%), Vitamin E: 0.86mg (5.71%), Calcium: 44.78mg (4.48%)