



## Meatballs and Creamy Rice Skillet Supper

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

READY IN



30 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup rice long-grain white uncooked
- 10.8 oz campbell's® condensed cream of celery soup canned
- 2 cups water
- 1.5 cups baby carrots cut in half lengthwise
- 12 oz meatballs frozen italian-style thawed cooked
- 1 serving parsley fresh chopped

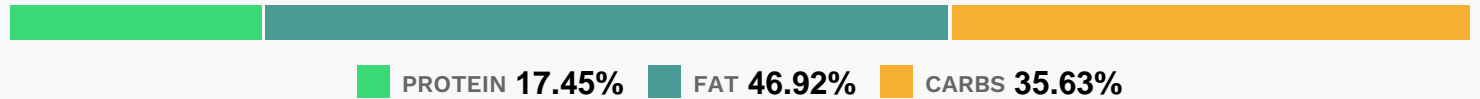
### Equipment

- frying pan

## Directions

- In 12-inch nonstick skillet, mix rice, soup and water.
- Heat to boiling; reduce heat to medium-low. Cover; cook 5 minutes.
- Stir carrots and meatballs into rice mixture. Cover; cook 10 to 15 minutes, stirring occasionally to prevent sticking, until rice and carrots are tender and meatballs are hot.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:23.3, Glycemic Load:16.7, Inflammation Score:-10, Nutrition Score:19.851739178533%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

## Nutrients (% of daily need)

Calories: 422.3kcal (21.12%), Fat: 21.72g (33.41%), Saturated Fat: 7.62g (47.63%), Carbohydrates: 37.1g (12.37%), Net Carbohydrates: 34.77g (12.65%), Sugar: 3.36g (3.74%), Cholesterol: 69.62mg (23.21%), Sodium: 486.41mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.17g (36.34%), Vitamin A: 6924.25IU (138.48%), Vitamin B1: 0.68mg (45.31%), Selenium: 27.96µg (39.95%), Vitamin K: 34.05µg (32.43%), Manganese: 0.61mg (30.62%), Vitamin B3: 4.73mg (23.63%), Phosphorus: 225.6mg (22.56%), Vitamin B6: 0.44mg (22.08%), Vitamin B5: 1.82mg (18.17%), Zinc: 2.44mg (16.3%), Vitamin B2: 0.26mg (15.58%), Potassium: 477.95mg (13.66%), Copper: 0.27mg (13.45%), Iron: 1.9mg (10.53%), Vitamin B12: 0.63µg (10.43%), Fiber: 2.33g (9.33%), Magnesium: 35.12mg (8.78%), Vitamin E: 1.1mg (7.36%), Calcium: 66.29mg (6.63%), Folate: 23.03µg (5.76%), Vitamin C: 3.33mg (4.03%)