



Meatballs In Spicy Tomato Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 1 chipotle pepper in adobo sauce canned
- 4 cups rice long-grain white hot cooked
- 2 eggs
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 lb ground beef lean
- 6 oz stove top stuffing mix for chicken

- 0.5 cup water
- 1.8 cups water

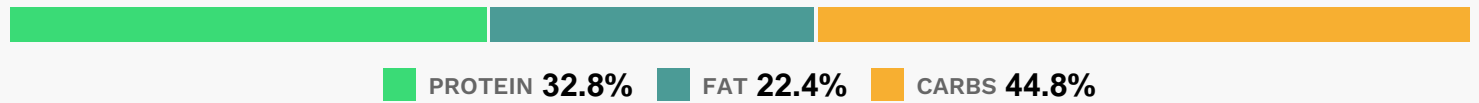
Equipment

- sauce pan
- blender

Directions

- Blend first 4 ingredients in blender until smooth; pour into large saucepan. Bring to boil.
- Meanwhile, mix all remaining ingredients except rice just until blended; shape into 24 meatballs, using about 1/4 cup for each.
- Drop meatballs gently into boiling tomato sauce; cover. Simmer on medium–low heat 20 to 25 min. or until meatballs are done (165F).
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:23.91, Inflammation Score:-4, Nutrition Score:19.29565232733%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 383.28kcal (19.16%), Fat: 9.28g (14.27%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 40.05g (14.56%), Sugar: 3.94g (4.38%), Cholesterol: 111.44mg (37.15%), Sodium: 537.43mg (23.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.56g (61.11%), Selenium: 39.44µg (56.34%), Vitamin B12: 2.64µg (44.04%), Zinc: 6.58mg (43.88%), Vitamin B3: 8.15mg (40.74%), Phosphorus: 321.03mg (32.1%), Vitamin B6: 0.63mg (31.48%), Manganese: 0.56mg (27.81%), Iron: 4.41mg (24.52%), Vitamin B2: 0.36mg (21.01%), Potassium: 589.54mg (16.84%), Vitamin B1: 0.22mg (14.5%), Vitamin B5: 1.35mg (13.51%), Folate: 53.21µg (13.3%), Magnesium: 50.87mg (12.72%), Copper: 0.25mg (12.39%), Vitamin K: 7.71µg (7.34%), Vitamin E: 1.06mg (7.04%), Fiber: 1.69g (6.78%), Calcium: 63.56mg (6.36%), Vitamin C: 4.78mg (5.79%), Vitamin A: 154.35IU (3.09%), Vitamin D: 0.33µg (2.22%)