



Mediterranean Meatball Supper Skillet

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons olive oil
- 1 small onion cut into thin wedges
- 0.8 cup rice long-grain white uncooked
- 1 medium bell pepper green cut into 1/2-inch pieces
- 10 oz meatballs frozen italian cooked
- 2.3 oz olives ripe drained sliced canned
- 1.5 cups water
- 1 medium zucchini halved lengthwise sliced

- 14.5 oz canned tomatoes diced italian with herbs, undrained canned
- 0.5 cup feta cheese crumbled

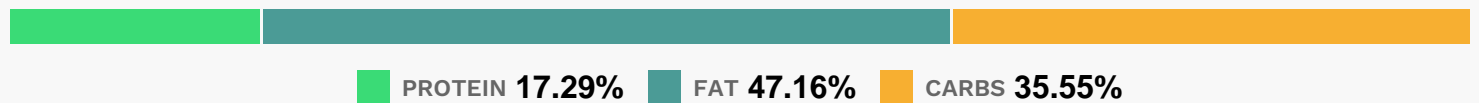
Equipment

- frying pan

Directions

- Heat oil in large skillet over medium-high heat until hot.
- Add onion; cook 3 to 4 minutes or until crisp-tender, stirring frequently.
- Add rice, bell pepper, meatballs, olives and water. Bring to a boil. Reduce heat; cover and simmer 20 minutes, stirring once halfway through cooking.
- Stir in zucchini and tomatoes. Cover; cook an additional 8 to 10 minutes or until zucchini is tender and liquid is absorbed, stirring occasionally.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:19.6, Inflammation Score:-7, Nutrition Score:21.679565139439%

Flavonoids

Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 457.66kcal (22.88%), Fat: 24.23g (37.28%), Saturated Fat: 8.84g (55.25%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 36.88g (13.41%), Sugar: 7.33g (8.14%), Cholesterol: 67.72mg (22.57%), Sodium: 649.58mg (28.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.98%), Vitamin C: 43.94mg (53.26%), Vitamin B1: 0.7mg (46.63%), Selenium: 26.43µg (37.76%), Vitamin B6: 0.73mg (36.72%), Manganese: 0.72mg (36.17%), Phosphorus: 290.28mg (29.03%), Vitamin B3: 5.49mg (27.47%), Vitamin B2: 0.46mg (26.79%), Potassium: 768.25mg (21.95%), Zinc: 3mg (19.97%), Copper: 0.39mg (19.4%), Calcium: 172.83mg (17.28%), Fiber: 4.22g (16.89%), Vitamin E: 2.42mg (16.16%), Magnesium: 62.44mg (15.61%), Iron: 2.77mg (15.38%), Vitamin B5: 1.45mg (14.47%),

Vitamin B12: 0.81µg (13.55%), Vitamin A: 576.13IU (11.52%), Vitamin K: 11.62µg (11.07%), Folate: 44.22µg (11.05%)