



## Melinda's Porcupine Meatballs

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

READY IN



70 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce tomato sauce canned
- 0.5 teaspoon celery salt
- 0.1 teaspoon garlic powder
- 1 pound ground beef
- 0.1 teaspoon ground pepper black
- 0.3 cup onion chopped
- 1 teaspoon salt
- 1 cup water as needed

- 0.5 cup rice white uncooked
- 2 teaspoons worcestershire sauce

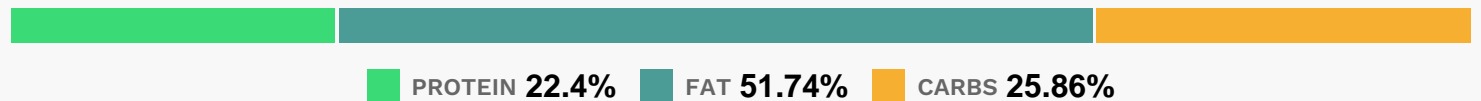
## Equipment

- bowl
- frying pan

## Directions

- Mix the ground beef, rice, 1/2 cup water, onion, salt, celery salt, garlic powder, and black pepper in a bowl.
- Roll the mixture into 12 meatballs.
- Heat a large skillet over medium-high heat and add the meatballs. Cook meatballs, turning occasionally, until evenly browned.
- Drain and discard any excess grease.
- Pour the tomato sauce, 1 cup water, and Worcestershire sauce into the skillet; reduce heat to medium-low. Cover and simmer until the meatballs are no longer pink in the center and the rice is tender, about 45 minutes. Stir in more water if the sauce becomes too dry.

## Nutrition Facts



## Properties

Glycemic Index:42.55, Glycemic Load:13.24, Inflammation Score:-5, Nutrition Score:15.800869661829%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 406.06kcal (20.3%), Fat: 23.17g (35.64%), Saturated Fat: 8.79g (54.96%), Carbohydrates: 26.06g (8.69%), Net Carbohydrates: 23.92g (8.7%), Sugar: 4.68g (5.2%), Cholesterol: 80.51mg (26.84%), Sodium: 1495.66mg (65.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.13%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.27mg (35.11%), Vitamin B3: 6.25mg (31.27%), Selenium: 21.25µg (30.36%), Vitamin B6: 0.53mg (26.31%),

Phosphorus: 240.62mg (24.06%), Manganese: 0.41mg (20.25%), Iron: 3.61mg (20.06%), Potassium: 694.11mg (19.83%), Vitamin B2: 0.26mg (15.06%), Vitamin E: 2.03mg (13.52%), Copper: 0.26mg (13.25%), Vitamin B5: 1.15mg (11.5%), Magnesium: 43.52mg (10.88%), Vitamin C: 8.82mg (10.69%), Vitamin A: 463.3IU (9.27%), Fiber: 2.15g (8.58%), Vitamin B1: 0.1mg (6.61%), Folate: 22.18µg (5.55%), Calcium: 50.71mg (5.07%), Vitamin K: 5.23µg (4.98%)