



Mexican Appetizer Meatballs in Cheese Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs fresh
- 2 Tbsp butter
- 5 cups rice long-grain white hot cooked
- 2 eggs beaten
- 2 Tbsp cilantro leaves fresh chopped
- 3 cloves garlic minced
- 1 tsp ground cinnamon and ground cumin
- 2 lb ground beef lean

- 0.5 cup onions finely chopped
- 10 oz ro*tel tomatoes & chilies diced green undrained canned
- 1 cup water
- 8 oz velveeta cut into 1/2-inch cubes
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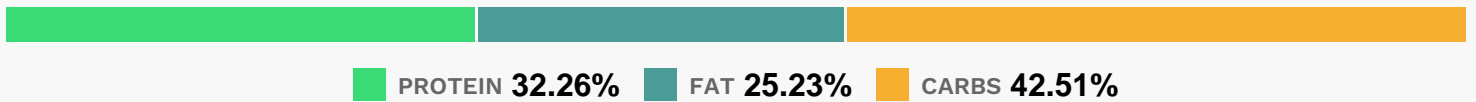
Equipment

- frying pan
- sauce pan

Directions

- Mix meat, bread crumbs, onions, garlic, eggs and seasonings just until blended; shape into 24 meatballs.
- Melt butter in large skillet on medium heat.
- Add meatballs; cook 5 min. or until evenly browned, turning frequently.
- Add water; cover. Simmer on medium-low heat 15 min. or until meatballs are done.
- Meanwhile, cook VELVEETA and tomatoes in saucepan on medium heat until VELVEETA is completely melted and mixture is well blended, stirring frequently.
- Drain meatballs. Spoon rice onto large platter; top with meatballs and sauce.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:30.57, Inflammation Score:-5, Nutrition Score:18.984782768332%

Flavonoids

Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 390.97kcal (19.55%), Fat: 10.67g (16.41%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 38.79g (14.11%), Sugar: 2.3g (2.56%), Cholesterol: 111.23mg (37.08%), Sodium: 227.58mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.39%), Selenium: 34.14µg (48.77%), Vitamin B12: 2.69µg (44.81%), Zinc: 6.7mg (44.66%), Vitamin B3: 7.77mg (38.86%), Manganese: 0.69mg (34.27%), Phosphorus: 326.27mg (32.63%), Vitamin B6: 0.63mg (31.36%), Iron: 4.04mg (22.47%), Vitamin B2: 0.31mg (18.41%), Potassium: 578.12mg (16.52%), Vitamin B1: 0.22mg (14.88%), Vitamin B5: 1.41mg (14.1%), Magnesium: 50.44mg (12.61%), Copper: 0.23mg (11.65%), Vitamin A: 490.01IU (9.8%), Folate: 35.62µg (8.9%), Vitamin C: 6mg (7.27%), Fiber: 1.65g (6.6%), Calcium: 63.16mg (6.32%), Vitamin E: 0.8mg (5.31%), Vitamin K: 4.45µg (4.23%), Vitamin D: 0.33µg (2.22%)