



Minute® Rice Porcupine Meatballs

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 eggs lightly beaten
- 1 pound ground beef lean
- 1 small onion chopped
- 1.3 ounce meatloaf seasoning
- 15.5 ounce spaghetti sauce
- 0.3 cup water
- 1 cup rice white uncooked minute®

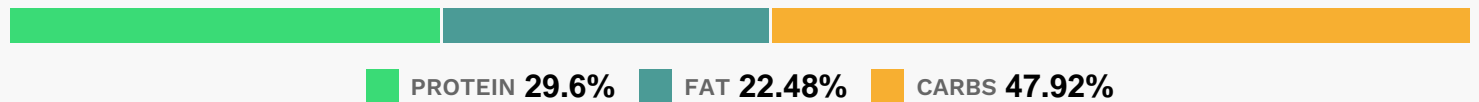
Equipment

- bowl
- frying pan

Directions

- Melt butter in small skillet over medium high heat.
- Add onions; cook and stir until tender.
- Place onions, meat, rice, egg and seasoning in large bowl.
- Add water; mix until well blended. Shape into medium-sized meatballs.
- Pour spaghetti sauce into skillet. Bring to boil; add meatballs. Return to boil. Reduce heat to low; cover. Simmer 15 minutes or until meatballs are cooked through.

Nutrition Facts



Properties

Glycemic Index:27.64, Glycemic Load:19.69, Inflammation Score:-6, Nutrition Score:21.918261040812%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 337.52kcal (16.88%), Fat: 8.45g (13%), Saturated Fat: 3g (18.77%), Carbohydrates: 40.53g (13.51%), Net Carbohydrates: 35.48g (12.9%), Sugar: 4.09g (4.54%), Cholesterol: 88.98mg (29.66%), Sodium: 520.12mg (22.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.08%), Vitamin K: 46.91µg (44.68%), Manganese: 0.88mg (43.99%), Zinc: 5.54mg (36.96%), Selenium: 24.99µg (35.7%), Vitamin B12: 2.11µg (35.22%), Vitamin B3: 6.8mg (34%), Iron: 6.09mg (33.84%), Vitamin B6: 0.61mg (30.42%), Phosphorus: 278.52mg (27.85%), Potassium: 740.51mg (21.16%), Vitamin E: 3.04mg (20.24%), Fiber: 5.05g (20.2%), Vitamin B2: 0.3mg (17.87%), Magnesium: 64.18mg (16.05%), Copper: 0.31mg (15.54%), Calcium: 153.36mg (15.34%), Vitamin B5: 1.45mg (14.49%), Vitamin A: 649.05IU (12.98%), Folate: 39.03µg (9.76%), Vitamin C: 7.36mg (8.92%), Vitamin B1: 0.11mg (7.13%), Vitamin D: 0.27µg (1.78%)