



## Parmesan Orzo and Meatballs

READY IN



30 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups bell pepper frozen (from 1-lb bag)
- 2 tablespoons salad dressing italian
- 1.8 cups beef broth flavored (from 32-oz carton)
- 6 oz soup noodles uncooked
- 16 meatballs frozen italian-style cooked
- 1 cup tomatoes chopped
- 2 tablespoons parsley fresh chopped
- 0.3 cup parmesan shredded

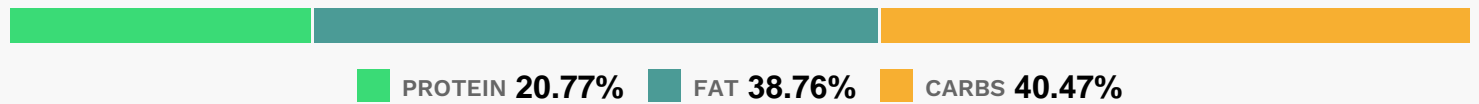
# Equipment

frying pan

# Directions

- In 12-inch nonstick skillet, cook stir-fry vegetables and dressing over medium-high heat 2 minutes. Stir in broth; heat to boiling. Stir in pasta and meatballs.
- Heat to boiling; reduce heat to low. Cover; cook 10 minutes, stirring occasionally.
- Stir in tomato. Cover; cook 3 to 5 minutes or until most of the liquid has been absorbed and pasta is tender. Stir in parsley.
- Sprinkle with cheese.

# Nutrition Facts



# Properties

Glycemic Index:42.75, Glycemic Load:13.92, Inflammation Score:-9, Nutrition Score:22.439565159056%

# Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

# Nutrients (% of daily need)

Calories: 375.65kcal (18.78%), Fat: 16.09g (24.75%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 34.74g (12.63%), Sugar: 5.28g (5.87%), Cholesterol: 44.57mg (14.86%), Sodium: 599.36mg (26.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Vitamin C: 79.7mg (96.61%), Selenium: 42.99µg (61.41%), Vitamin A: 2283.47IU (45.67%), Vitamin K: 42.55µg (40.52%), Vitamin B1: 0.5mg (33.32%), Phosphorus: 261.07mg (26.11%), Manganese: 0.52mg (25.89%), Vitamin B6: 0.49mg (24.49%), Vitamin B3: 4.79mg (23.96%), Potassium: 541.14mg (15.46%), Vitamin B2: 0.26mg (15.09%), Zinc: 2.23mg (14.89%), Magnesium: 50.18mg (12.55%), Fiber: 3.05g (12.19%), Folate: 47.32µg (11.83%), Calcium: 108.38mg (10.84%), Iron: 1.76mg (9.77%), Copper: 0.19mg (9.29%), Vitamin B12: 0.54µg (9.01%), Vitamin E: 1.31mg (8.75%), Vitamin B5: 0.82mg (8.25%)