



Polynesian Glazed Meatballs

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

READY IN



25 min.

SERVINGS



25

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 1 tsp garlic powder
- 1 tsp ground ginger
- 2 cups rice white instant uncooked
- 0.8 lb meatballs frozen fully cooked ()
- 1 tsp oil
- 1 onion chopped
- 16 oz pineapple chunks drained canned

1 large bell pepper red chopped

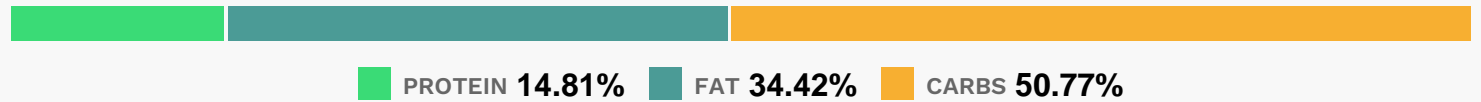
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add peppers and onions; cook 5 min. or until crisp-tender, stirring frequently.
- Stir in barbecue sauce, ginger, garlic powder and reserved pineapple liquid.
- Add meatballs; stir until evenly coated. Cook 10 min. or until meatballs are heated through, stirring occasionally. Meanwhile, cook rice as directed on package.
- Stir pineapple chunks into meatball mixture.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:3.9047825854758%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 83.45kcal (4.17%), Fat: 3.19g (4.91%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 9.98g (3.63%), Sugar: 4.01g (4.45%), Cholesterol: 9.8mg (3.27%), Sodium: 38.48mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin C: 10.54mg (12.78%), Vitamin B1: 0.19mg (12.57%), Selenium: 6.11µg (8.74%), Folate: 24.49µg (6.12%), Vitamin B3: 1.22mg (6.09%), Manganese: 0.11mg (5.55%), Vitamin B6: 0.1mg (5.16%), Vitamin A: 221.93IU (4.44%), Iron: 0.68mg (3.78%), Phosphorus: 37.39mg (3.74%), Zinc: 0.45mg (3.01%), Vitamin B2: 0.05mg (2.73%), Potassium: 92.74mg (2.65%), Fiber: 0.63g (2.5%), Copper: 0.04mg (2.18%), Magnesium: 8.12mg (2.03%), Vitamin B12: 0.1µg (1.59%), Vitamin B5: 0.15mg (1.53%), Vitamin E: 0.17mg (1.11%)