



Porcupine Meatballs

READY IN



70 min.

SERVINGS



10

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups bread
- 1 lb ground beef 80% lean (at least)
- 0.7 cup rice uncooked (converted)
- 0.5 cup milk
- 1 oz onion soup mix
- 1 eggs
- 1 cup water
- 23 oz canned tomatoes canned (3 cups)

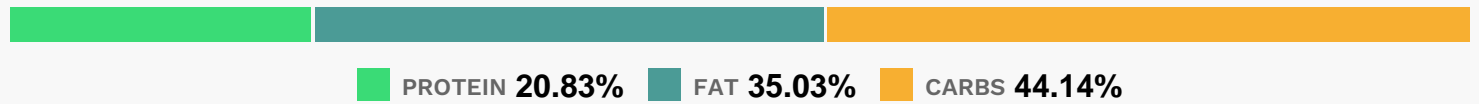
Equipment

- bowl
- oven
- baking pan
- ziploc bags
- rolling pin

Directions

- Heat oven to 425°F. Crush cereal. (To easily crush cereal, place in plastic bag or between sheets of waxed paper, and crush with rolling pin.) In large bowl, mix crushed cereal, beef, rice, milk, dry soup mix and egg. Using wet hands, shape mixture into 30 meatballs.
- Place in ungreased 13x9-inch baking dish or 3-quart casserole.
- Pour water and tomato juice over meatballs; stir gently.
- Cover and bake 50 to 55 minutes or until rice is tender and beef is no longer pink in center and juice is clear.

Nutrition Facts



Properties

Glycemic Index:20.69, Glycemic Load:16.66, Inflammation Score:-4, Nutrition Score:14.581304280654%

Nutrients (% of daily need)

Calories: 293.15kcal (14.66%), Fat: 11.41g (17.56%), Saturated Fat: 4.16g (25.97%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 28.64g (10.41%), Sugar: 5.18g (5.76%), Cholesterol: 50.04mg (16.68%), Sodium: 516.52mg (22.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Manganese: 1.04mg (51.81%), Selenium: 19.94µg (28.48%), Vitamin B3: 4.54mg (22.71%), Phosphorus: 208.97mg (20.9%), Zinc: 2.97mg (19.81%), Vitamin B6: 0.37mg (18.63%), Vitamin B12: 1.08µg (17.93%), Iron: 2.85mg (15.82%), Vitamin B1: 0.23mg (15.49%), Fiber: 3.72g (14.86%), Magnesium: 55.09mg (13.77%), Copper: 0.27mg (13.57%), Potassium: 461.23mg (13.18%), Vitamin B2: 0.21mg (12.39%), Calcium: 113.87mg (11.39%), Vitamin B5: 0.91mg (9.15%), Vitamin E: 1.26mg (8.41%), Folate: 29.61µg (7.4%), Vitamin C: 6.1mg (7.39%), Vitamin K: 7.14µg (6.8%), Vitamin A: 185.2IU (3.7%), Vitamin D: 0.27µg (1.78%)