

Porcupine Meatballs

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

READY IN



80 min.

SERVINGS



6

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 15 ounces tomato sauce canned
- 2 tablespoons canola oil
- 0.5 teaspoon celery salt
- 0.1 teaspoon garlic powder
- 0.5 cup rice long grain uncooked
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- 0.3 cup onion chopped
- 0.1 teaspoon pepper
- 1 teaspoon salt
- 1 cup water
- 2 teaspoons worcestershire sauce

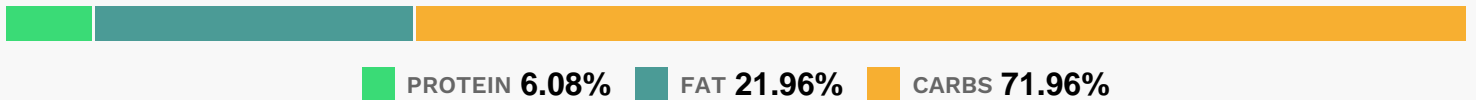
Equipment

- bowl
- frying pan

Directions

- In a bowl, combine the first seven ingredients.
- Add beef and mix well. shape into 1-1/2-in. balls. In a large skillet, brown meatballs in oil; drain.
- Combine tomato sauce, water, brown sugar and Worcestershire sauce; pour over meatballs. Reduce heat; cover and simmer for 1 hour.

Nutrition Facts



Properties

Glycemic Index:38.56, Glycemic Load:16.24, Inflammation Score:-3, Nutrition Score:5.8839130608932%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 206.61kcal (10.33%), Fat: 5.09g (7.84%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 35.92g (13.06%), Sugar: 10.9g (12.11%), Cholesterol: 0mg (0%), Sodium: 949.47mg (41.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Manganese: 0.44mg (21.77%), Vitamin E: 1.88mg (12.5%), Copper: 0.17mg (8.41%), Potassium: 286.99mg (8.2%), Selenium: 5.25µg (7.5%), Vitamin C: 5.88mg (7.13%), Vitamin B6: 0.14mg (6.76%), Fiber: 1.63g (6.52%), Iron: 1.12mg (6.23%), Vitamin A: 308.87IU (6.18%), Vitamin B3: 1.23mg (6.15%), Phosphorus: 59.02mg (5.9%), Vitamin B5: 0.55mg (5.54%), Vitamin K: 5.47µg (5.21%), Magnesium:

20.74mg (5.18%), Vitamin B2: 0.07mg (3.9%), Zinc: 0.52mg (3.47%), Calcium: 31.16mg (3.12%), Vitamin B1: 0.04mg (2.96%), Folate: 10.81µg (2.7%)