



## Prego® Porcupine Meatballs

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

READY IN



**35 min.**

SERVINGS



**5**

CALORIES



**413 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 eggs
- 0.5 teaspoon garlic powder
- 0.3 teaspoon pepper black
- 1 pound pd of ground turkey
- 26 ounce roma tomatoes italian traditional prego®
- 0.8 teaspoon oregano dried crushed
- 2 cups rice long-grain white cooked

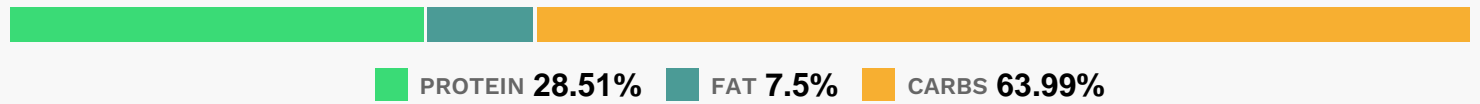
### Equipment

- bowl
- frying pan

## Directions

- Thoroughly mix the turkey, rice, egg, oregano, garlic powder and black pepper in a large bowl. Shape the mixture firmly into 25 meatballs.
- Heat the sauce in a 12-inch skillet over medium heat.
- Add the meatballs and heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the meatballs are cooked through.

## Nutrition Facts



## Properties

Glycemic Index:28.24, Glycemic Load:37.14, Inflammation Score:-8, Nutrition Score:20.580869539924%

## Flavonoids

Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 412.86kcal (20.64%), Fat: 3.41g (5.24%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 65.45g (21.82%), Net Carbohydrates: 62.54g (22.74%), Sugar: 4.02g (4.47%), Cholesterol: 82.63mg (27.54%), Sodium: 70.11mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.3%), Vitamin B3: 10.89mg (54.45%), Vitamin B6: 1.04mg (52%), Manganese: 1.01mg (50.59%), Selenium: 34.01µg (48.59%), Phosphorus: 345.68mg (34.57%), Vitamin A: 1303.84IU (26.08%), Vitamin C: 20.21mg (24.49%), Potassium: 722.93mg (20.66%), Zinc: 2.79mg (18.57%), Vitamin B5: 1.82mg (18.21%), Magnesium: 63.29mg (15.82%), Copper: 0.31mg (15.68%), Vitamin K: 13.78µg (13.12%), Vitamin B2: 0.2mg (11.88%), Fiber: 2.91g (11.64%), Vitamin B1: 0.17mg (11.2%), Iron: 1.98mg (11%), Folate: 40.3µg (10.07%), Vitamin B12: 0.54µg (9.02%), Vitamin E: 1.09mg (7.27%), Calcium: 48.58mg (4.86%), Vitamin D: 0.54µg (3.59%)