



Rice-Studded Meatballs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon rice wine chinese (preferably Shaoxing)
- ☐ 1 tablespoon egg whites lightly beaten
- ☐ 1 lb meat marinade mix
- ☐ 2 the of 1 cos lettuce
- ☐ 1 teaspoon salt
- ☐ 0.3 cup spring onion white green minced (and pale parts only)
- ☐ 0.5 teaspoon sesame oil

- ☐ 1 teaspoon sugar
- ☐ 0.5 cup water chestnuts diced canned rinsed drained ()
- ☐ 0.3 teaspoon pepper white
- ☐ 1 cup rice long-grain white

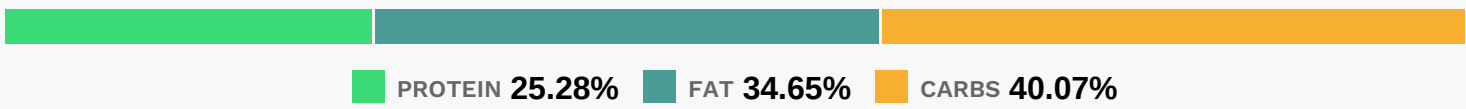
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve

Directions

- ☐ Soak rice in hot tap water in a large bowl while preparing meat mixture.
- ☐ While rice soaks, put a metal steamer rack in a deep 12-inch skillet or a wide 6-quart pot and add enough water to reach 1/2 inch below bottom of steamer rack.
- ☐ Remove steamer rack from skillet and line rack with lettuce.
- ☐ Stir together remaining ingredients (except rice) until combined well.
- ☐ Drain rice in a sieve and transfer to a shallow dish.
- ☐ Roll about 1 tablespoon meat mixture into a ball and roll in rice to coat, then transfer to steamer rack. Make about 30 more coated balls in same manner (use all of meat mixture; there will be leftover rice) and arrange in 1 layer on steamer rack.
- ☐ Bring water to a boil and set steamer rack in skillet. Cover tightly and steam over high heat until cooked through, about 25 minutes. Check water occasionally, adding more as necessary.

Nutrition Facts



Properties

Glycemic Index:27.21, Glycemic Load:15.39, Inflammation Score:-5, Nutrition Score:5.7013043855195%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 300.29kcal (15.01%), Fat: 11.94g (18.37%), Saturated Fat: 3.89g (24.33%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 29.55g (10.75%), Sugar: 1.68g (1.87%), Cholesterol: 52.92mg (17.64%), Sodium: 450.21mg (19.57%), Alcohol: 0.4g (100%), Alcohol %: 0.34% (100%), Protein: 19.6g (39.2%), Vitamin K: 21.2µg (20.19%), Manganese: 0.39mg (19.74%), Vitamin A: 868.32IU (17.37%), Iron: 2.2mg (12.22%), Selenium: 5.51µg (7.87%), Fiber: 1.51g (6.04%), Copper: 0.11mg (5.44%), Vitamin B6: 0.11mg (5.39%), Folate: 20.52µg (5.13%), Phosphorus: 46.8mg (4.68%), Vitamin B5: 0.38mg (3.76%), Zinc: 0.49mg (3.3%), Vitamin B3: 0.66mg (3.3%), Potassium: 113.33mg (3.24%), Magnesium: 12.18mg (3.04%), Vitamin B2: 0.04mg (2.59%), Vitamin B1: 0.03mg (2.31%), Vitamin C: 1.81mg (2.2%), Calcium: 17.64mg (1.76%), Vitamin E: 0.23mg (1.52%)