



## 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 medium-dry sherry chinese (preferably Shaoxing)
- ☐ 1 tablespoon egg white lightly beaten
- ☐ 1 lb meat marinade mix
- ☐ 2 romaine lettuce
- ☐ 1 teaspoon salt
- ☐ 0.3 cup scallions white green minced ( and pale parts only)
- ☐ 0.5 teaspoon asian 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

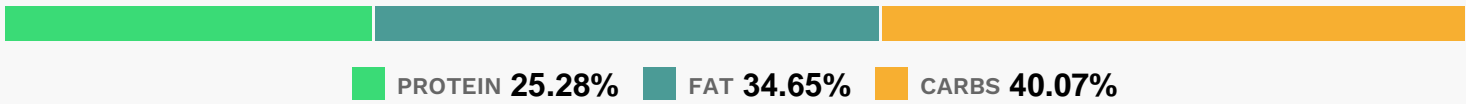
## Equipment

- ☐ 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%), Vitamin B3: 0.66mg (3.3%), Zinc: 0.49mg (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%)