



Saucy Porcupine Meatballs



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



24

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons brown sugar packed
- 1 eggs lightly beaten
- 1 pound ground beef lean
- 0.1 teaspoon pepper black
- 0.3 cup rice white dry instant uncooked
- 0.3 teaspoon salt
- 16 ounce tomato sauce canned
- 1 teaspoon worcestershire sauce

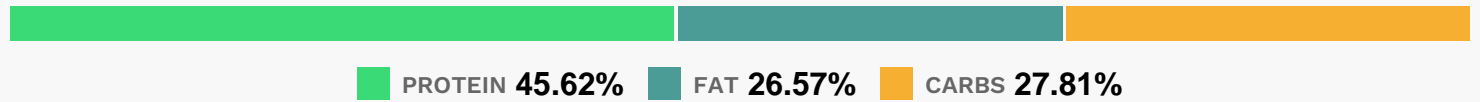
Equipment

- bowl
- frying pan

Directions

- Mix tomato sauce and sugar in large skillet; set aside.
- Combine egg, meat, rice, Worcestershire sauce, salt and pepper in large bowl. Shape into 1-inch balls.
- Place in skillet with sauce; spoon sauce over meatballs.
- Cook over medium heat until sauce comes to a boil. Cover skillet with lid. Reduce heat to low; simmer 20 minutes, or until meatballs are no longer pink in centers (160 degrees F).

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.8926086840422%

Nutrients (% of daily need)

Calories: 40.47kcal (2.02%), Fat: 1.18g (1.82%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.49g (0.9%), Sugar: 1.68g (1.86%), Cholesterol: 18.54mg (6.18%), Sodium: 132.51mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.15%), Vitamin B12: 0.44µg (7.33%), Zinc: 1.04mg (6.94%), Vitamin B3: 1.29mg (6.46%), Selenium: 4.31µg (6.16%), Vitamin B6: 0.1mg (4.86%), Phosphorus: 47.42mg (4.74%), Iron: 0.74mg (4.12%), Potassium: 127.77mg (3.65%), Vitamin B2: 0.05mg (3.04%), Vitamin E: 0.34mg (2.3%), Vitamin B5: 0.21mg (2.13%), Copper: 0.04mg (2.02%), Magnesium: 7.48mg (1.87%), Vitamin A: 91.99IU (1.84%), Manganese: 0.03mg (1.67%), Vitamin C: 1.36mg (1.64%), Folate: 6µg (1.5%), Vitamin B1: 0.02mg (1.43%), Fiber: 0.3g (1.21%)