



## Simple Sweet and Sour Meatballs

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

READY IN



15 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apricot preserves
- 0.3 cup classic catalina dressing kraft
- 3 cups rice white hot instant cooked
- 12 oz meatballs frozen fully cooked ( )
- 16 oz stir-fry vegetables white green red yellow frozen sliced ( , and peppers, and onions)
- 2 Tbsp soya sauce

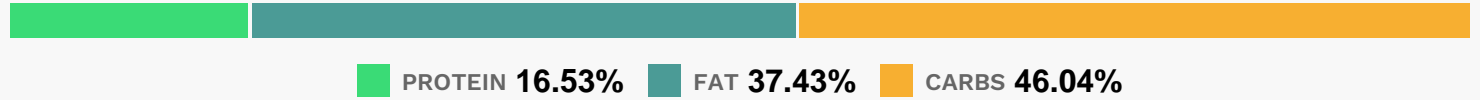
### Equipment

- frying pan

## Directions

- Combine all ingredients except rice in large skillet; cover.
- Cook on medium-high heat 10 min. or until meatballs and vegetables are heated through, stirring occasionally.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:4.89, Inflammation Score:-10, Nutrition Score:22.712173833147%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 528.16kcal (26.41%), Fat: 22.02g (33.88%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 60.94g (20.31%), Net Carbohydrates: 55.55g (20.2%), Sugar: 10.71g (11.9%), Cholesterol: 61.24mg (20.41%), Sodium: 807.5mg (35.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.88g (43.76%), Vitamin A: 5794.62IU (115.89%), Vitamin B1: 0.86mg (57.27%), Selenium: 27.68µg (39.55%), Vitamin B3: 7.62mg (38.1%), Manganese: 0.76mg (38.02%), Folate: 125.53µg (31.38%), Phosphorus: 273.67mg (27.37%), Vitamin B6: 0.52mg (25.87%), Iron: 4.3mg (23.9%), Fiber: 5.39g (21.58%), Zinc: 3.04mg (20.24%), Vitamin B2: 0.32mg (19.01%), Vitamin C: 13.69mg (16.59%), Potassium: 526.1mg (15.03%), Magnesium: 53.75mg (13.44%), Copper: 0.22mg (10.82%), Vitamin B12: 0.6µg (9.92%), Vitamin B5: 0.86mg (8.59%), Calcium: 54.91mg (5.49%)