



## Simple Sweet and Sour Meatballs

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

READY IN



15 min.

SERVINGS



15

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### 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:4, Glycemic Load:1.3, Inflammation Score:-8, Nutrition Score:6.2413043896465%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 140.84kcal (7.04%), Fat: 5.87g (9.03%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 14.81g (5.39%), Sugar: 2.86g (3.17%), Cholesterol: 16.33mg (5.44%), Sodium: 215.33mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Vitamin A: 1545.23IU (30.9%), Vitamin B1: 0.23mg (15.27%), Selenium: 7.38µg (10.55%), Vitamin B3: 2.03mg (10.16%), Manganese: 0.2mg (10.14%), Folate: 33.47µg (8.37%), Phosphorus: 72.98mg (7.3%), Vitamin B6: 0.14mg (6.9%), Iron: 1.15mg (6.37%), Fiber: 1.44g (5.75%), Zinc: 0.81mg (5.4%), Vitamin B2: 0.09mg (5.07%), Vitamin C: 3.65mg (4.43%), Potassium: 140.29mg (4.01%), Magnesium: 14.33mg (3.58%), Copper: 0.06mg (2.89%), Vitamin B12: 0.16µg (2.65%), Vitamin B5: 0.23mg (2.29%), Calcium: 14.64mg (1.46%)