



Spaghetti and Spicy "Meatballs"

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs plain progresso®
- ☐ 2 cups rice white cooked
- ☐ 1 eggs beaten
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.3 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup oats
- ☐ 16 ounces pasta like spaghetti uncooked

- ☐ 2 cups pasta sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup wheat germ

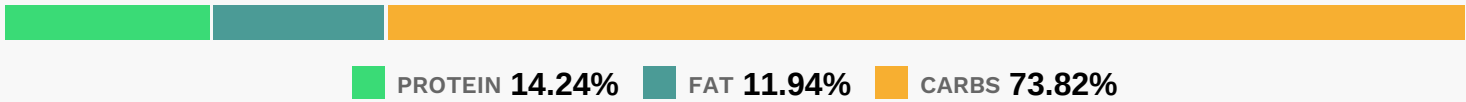
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook and drain spaghetti as directed on package.
- ☐ In large bowl, mix rice, oats, onion, bread crumbs, milk, basil, oregano, red pepper and egg. Shape into 12 balls.
- ☐ Roll balls in wheat germ.
- ☐ In 10-inch skillet, heat oil over medium heat. Cook balls in oil about 10 minutes, turning occasionally, until golden brown.
- ☐ Heat spaghetti sauce until hot.
- ☐ Serve sauce and rice balls over spaghetti.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:59.67, Glycemic Load:43.08, Inflammation Score:-7, Nutrition Score:22.042174017948%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 488.1kcal (24.41%), Fat: 6.49g (9.98%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 90.25g (30.08%), Net Carbohydrates: 84.05g (30.56%), Sugar: 6.42g (7.13%), Cholesterol: 28.5mg (9.5%), Sodium: 441.29mg (19.19%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.83%), Manganese: 2.66mg (132.86%), Selenium: 65.76µg (93.94%), Phosphorus: 335.54mg (33.55%), Magnesium: 105.28mg (26.32%), Vitamin B1: 0.37mg (24.9%), Fiber: 6.21g (24.83%), Copper: 0.47mg (23.62%), Zinc: 3.12mg (20.83%), Vitamin B6: 0.41mg (20.49%), Iron: 3.17mg (17.59%), Potassium: 594.58mg (16.99%), Vitamin B3: 3.35mg (16.75%), Folate: 62.51µg (15.63%), Vitamin B2: 0.23mg (13.6%), Vitamin B5: 1.24mg (12.39%), Vitamin E: 1.63mg (10.84%), Vitamin A: 444.63IU (8.89%), Vitamin C: 6.77mg (8.2%), Vitamin K: 7.22µg (6.87%), Calcium: 67.53mg (6.75%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.26µg (1.72%)