



## Spaghetti and Spicy Rice Balls

READY IN



25 min.

SERVINGS



6

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 16 ounces pasta like spaghetti uncooked
- ☐ 2 cups rice white cooked
- ☐ 0.5 cup oats
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup breadcrumbs plain
- ☐ 0.3 cup milk
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 2 teaspoons oregano dried fresh chopped
- ☐ 0.3 teaspoon ground pepper red (cayenne)

- ☐ 1 eggs beaten
- ☐ 0.5 cup wheat germ
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups pasta sauce
- ☐ 1 serving parmesan shredded

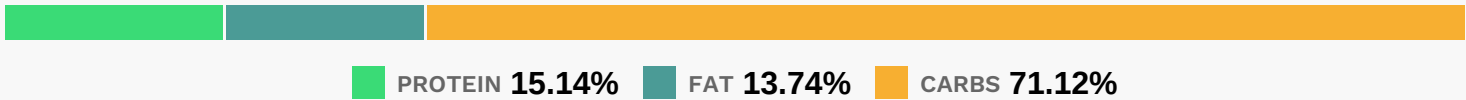
## Equipment

- ☐ 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:65, Glycemic Load:43.13, Inflammation Score:-8, Nutrition Score:24.200434938721%

## 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: 511.02kcal (25.55%), Fat: 7.83g (12.05%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 91.19g (30.4%), Net Carbohydrates: 84.45g (30.71%), Sugar: 6.5g (7.22%), Cholesterol: 31.9mg (10.63%), Sodium: 522.06mg (22.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.83%), Manganese: 2.76mg (137.84%), Selenium: 66.93µg (95.62%), Phosphorus: 373.05mg (37.31%), Magnesium: 114.02mg (28.5%), Fiber: 6.74g (26.97%), Vitamin B1: 0.38mg (25.15%), Copper: 0.49mg (24.61%), Iron: 4.05mg (22.51%), Zinc: 3.33mg (22.18%), Vitamin K: 22.88µg (21.79%), Vitamin B6: 0.43mg (21.52%), Potassium: 625.11mg (17.86%), Vitamin B3: 3.43mg (17.14%), Folate: 66.51µg (16.63%), Vitamin B2: 0.26mg (15.26%), Calcium: 152.31mg (15.23%), Vitamin B5: 1.27mg (12.74%), Vitamin E: 1.83mg (12.2%), Vitamin A: 499.98IU (10%), Vitamin C: 6.79mg (8.23%), Vitamin B12: 0.2µg (3.27%), Vitamin D: 0.28µg (1.89%)