



Zesty Meatballs and Rice

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots shredded finely
- 0.3 cup classic catalina dressing kraft
- 2 cups rice white instant uncooked
- 1 lb ground beef lean
- 0.5 cup cheddar & monterey jack cheeses shredded kraft
- 2 Tbsp lite soy sauce
- 2.3 cups water
- 6 Tbsp shake 'n bake extra seasoned coating mix crispy ()

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Equipment

frying pan

Directions

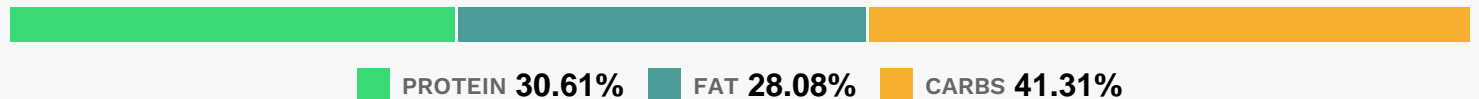
Mix first 4 ingredients just until blended; shape into 16 meatballs.

Cook in large nonstick skillet on medium-high heat 8 min. or until evenly browned, stirring occasionally.

Add remaining ingredients; mix well. Bring to boil; simmer on medium-low heat 1 min. Cover.

Remove from heat; let stand 5 min. or until rice is tender and liquid is absorbed. Fluff with fork before serving.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:25.235217566076%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 435.9kcal (21.79%), Fat: 13.19g (20.29%), Saturated Fat: 5.78g (36.12%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 41.87g (15.23%), Sugar: 5.9g (6.56%), Cholesterol: 82.88mg (27.63%), Sodium: 888.34mg (38.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.35g (64.69%), Vitamin A: 5454.54IU (109.09%), Selenium: 37.88µg (54.11%), Vitamin B3: 9.93mg (49.63%), Zinc: 6.94mg (46.26%), Vitamin B12: 2.66µg (44.29%), Phosphorus: 360.88mg (36.09%), Folate: 134.16µg (33.54%), Iron: 5.82mg (32.33%), Vitamin B1: 0.47mg (31.55%), Vitamin B6: 0.57mg (28.51%), Manganese: 0.53mg (26.36%), Vitamin B2: 0.28mg (16.58%), Potassium: 536.89mg (15.34%), Calcium: 141.39mg (14.14%), Magnesium: 43.55mg (10.89%), Copper: 0.22mg (10.79%), Vitamin B5: 1.06mg (10.65%), Fiber: 1.78g (7.14%), Vitamin K: 4.96µg (4.72%), Vitamin E: 0.58mg (3.88%), Vitamin C: 1.89mg (2.29%), Vitamin D: 0.2µg (1.32%)