

Rice Meatballs

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Community Living Committee - All Saint's Church Hammond, IN 1987

Servings: 18

1 cup minute rice
1 pound ground round
1 egg, slightly beaten
2 teaspoons onion, grated
2 teaspoons salt
1/8 teaspoon marjoram (optional)
1/4 teaspoon black pepper
2 1/2 cups tomato juice
1/2 teaspoon sugar

In a bowl, combine the uncooked Minute rice, ground round, egg, onion, salt, marjoram, pepper and 1/2 cup of the tomato juice. Mix lightly.

Shape the mixture into eighteen balls and place in a large skillet.

Add the sugar to the remaining two cups of tomato juice. Pour the juice over the meatballs in the skillet.

Bring the mixture to a boil. Reduce the heat and simmer, covered, for 15 minutes, basting occasionally.

Per Serving (excluding unknown items): 70 Calories; 5g Fat (59.8% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 29mg Cholesterol; 380mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 70 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 59.8% | Vitamin B12 (mcg): | .6mcg |
| % Calories from Carbohydrates: | 9.4% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 30.8% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 5g | Folacin (mcg): | 10mcg |
| Saturated Fat (g): | 2g | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 2g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 29mg | % Refuse: | 0 0% |

| | |
|--------------------|-------|
| Carbohydrate (g): | 2g |
| Dietary Fiber (g): | trace |
| Protein (g): | 5g |
| Sodium (mg): | 380mg |
| Potassium (mg): | 151mg |
| Calcium (mg): | 8mg |
| Iron (mg): | 1mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 6mg |
| Vitamin A (i.u.): | 202IU |
| Vitamin A (r.e.): | 23RE |

Food Exchanges

| | |
|----------------------|-----|
| Grain (Starch): | 0 |
| Lean Meat: | 1/2 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 1/2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving

Calories 70 Calories from Fat: 42

% Daily Values*

| | |
|-------------------------------|-----|
| Total Fat 5g | 7% |
| Saturated Fat 2g | 9% |
| Cholesterol 29mg | 10% |
| Sodium 380mg | 16% |
| Total Carbohydrates 2g | 1% |
| Dietary Fiber trace | 2% |
| Protein 5g | |

| | |
|------------------|-----|
| Vitamin A | 4% |
| Vitamin C | 10% |
| Calcium | 1% |
| Iron | 4% |

* Percent Daily Values are based on a 2000 calorie diet.