

Italian Porcupine Balls

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-porcupine-balls-recipe>

Ingredients:

- 1 pound ground beef
- 1 cup rice
- 1/2 cup Italian seasoned breadcrumbs
- 1/4 cup Parmesan cheese
- 1 teaspoon salt plus more to taste
- 1/2 teaspoon pepper plus more to taste
- 1/2 teaspoon garlic powder
- 28 1/2 ounces crushed tomatoes
- 14 ounces water
- 1 tablespoon olive oil

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 80 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 31 grams
7. SaturatedFat: 8 grams
8. Sodium: 1300 milligrams
9. Sugar: 1 grams
10. TransFat: 1 grams

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