

# Apricot Meatballs

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup apricot preserves
- 0.3 cup barbecue sauce
- 1 cup breadcrumbs soft
- 1 eggs
- 0.3 cup onion chopped
- 1 teaspoon salt

## Equipment

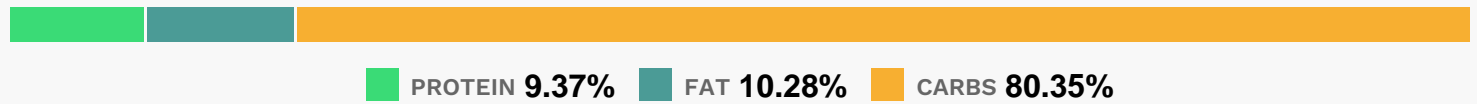
- bowl

- frying pan
- oven
- baking pan

## Directions

- In a bowl, combine the first four ingredients. Crumble beef over mixture and mix well. Shape into 1-in. balls. In a skillet, brown meatballs in several batches; drain.
- Transfer to a greased 2-qt. baking dish.
- Combine preserves and barbecue sauce; pour over meatballs. Cover and bake at 350° for 30 minutes or until the meat is no longer pink.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:6.6069565130317%

## Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

## Nutrients (% of daily need)

Calories: 228.69kcal (11.43%), Fat: 2.66g (4.09%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 45.15g (16.42%), Sugar: 20.91g (23.23%), Cholesterol: 40.92mg (13.64%), Sodium: 990.97mg (43.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.91%), Vitamin B1: 0.27mg (18.28%), Selenium: 11.06µg (15.79%), Manganese: 0.3mg (15%), Vitamin B2: 0.18mg (10.49%), Iron: 1.78mg (9.9%), Vitamin B3: 1.93mg (9.64%), Folate: 36.61µg (9.15%), Phosphorus: 73.69mg (7.37%), Calcium: 70.04mg (7%), Fiber: 1.63g (6.54%), Copper: 0.12mg (6.18%), Magnesium: 17.45mg (4.36%), Potassium: 147.06mg (4.2%), Vitamin C: 3.45mg (4.18%), Vitamin B6: 0.08mg (4.13%), Zinc: 0.6mg (4%), Vitamin B5: 0.37mg (3.65%), Vitamin B12: 0.19µg (3.21%), Vitamin A: 160.27IU (3.21%), Vitamin E: 0.32mg (2.14%), Vitamin K: 2.18µg (2.07%), Vitamin D: 0.22µg (1.47%)