



Apricot Sweet and Sour Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apricot preserves
- 0.3 cup breadcrumbs plain
- 1 eggs slightly beaten
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground ginger
- 0.1 teaspoon ground pepper red (cayenne)
- 0.3 cup hoisin sauce
- 1.5 lb ground beef 80% lean (at least)

- 1 medium bell pepper green red cut into 1-inch pieces
- 0.3 cup rice vinegar
- 0.3 teaspoon salt

Equipment

- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Heat oven to 375F. Spray 15 x10-inch pan with sides with cooking spray.
- Mix beef, bread crumbs, salt, garlic powder, ginger and egg until well blended. Shape into 1-inch meatballs; place in pan.
- Bake uncovered 20 to 25 minutes or until no longer pink in center and juice is clear; drain.
- In 2-quart saucepan, mix preserves, hoisin sauce, vinegar and red pepper. Cook over medium-low heat, stirring occasionally, until hot.
- Add drained meatballs and bell pepper. Cook until bell pepper is crisp-tender.
- Serve with cocktail toothpicks.

Nutrition Facts

 PROTEIN **22.15%** FAT **55.27%** CARBS **22.58%**

Properties

Glycemic Index:2.42, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.9673913250799%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 59.39kcal (2.97%), Fat: 3.61g (5.56%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 3.18g (1.16%), Sugar: 1.87g (2.08%), Cholesterol: 16.22mg (5.41%), Sodium: 61.6mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.51%), Vitamin B12: 0.38µg (6.27%), Zinc: 0.75mg (4.98%), Selenium: 3.17µg (4.53%), Vitamin B3: 0.8mg (4.01%), Vitamin B6: 0.07mg (3.32%), Vitamin C: 2.66mg (3.23%), Phosphorus: 31.68mg (3.17%), Iron: 0.43mg (2.38%), Vitamin B2: 0.04mg (2.25%), Potassium: 58.85mg (1.68%), Manganese: 0.02mg (1.14%), Vitamin B5: 0.11mg (1.11%), Vitamin B1: 0.02mg (1.08%), Magnesium: 4.21mg (1.05%), Copper: 0.02mg (1.02%)