



## Asian Meatballs

READY IN



175 min.

SERVINGS



18

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup barbecue sauce
- 0.3 cup breadcrumbs plain progresso®
- 1 eggs slightly beaten
- 0.5 teaspoon garlic salt
- 0.3 cup spring onion sliced
- 2 tablespoons hoisin sauce
- 1 lb ground beef 80% lean (at least )
- 0.3 cup milk
- 0.3 cup plum sauce

- 1 tablespoon soya sauce
- 0.5 cup water chestnuts finely chopped

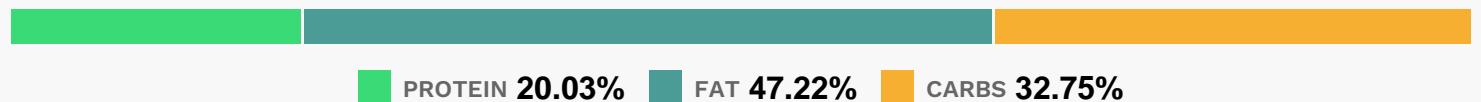
## Equipment

- bowl
- frying pan
- oven
- slow cooker

## Directions

- Heat oven to 375°F. Spray 15x10x1-inch pan with cooking spray. In large bowl, mix meatball ingredients. Shape into about 36 (1-inch) meatballs.
- Place in pan.
- Bake 25 to 30 minutes or until meatballs are thoroughly cooked and no longer pink in center.
- Spray 3- to 4-quart slow cooker with cooking spray.
- Transfer meatballs to slow cooker. In small bowl, mix sauce ingredients.
- Add sauce to meatballs; stir gently to mix.
- Cover; cook on Low heat setting 2 to 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:4.72, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.6117391508559%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 108.75kcal (5.44%), Fat: 5.65g (8.69%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 8.29g (3.01%), Sugar: 3.71g (4.12%), Cholesterol: 27.44mg (9.15%), Sodium: 291.13mg (12.66%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Vitamin B12: 0.59µg (9.77%), Zinc: 1.2mg (8.01%), Selenium: 5.34µg (7.62%), Vitamin B3: 1.4mg (6.98%), Vitamin B6: 0.12mg (5.94%), Phosphorus: 58.27mg (5.83%), Iron: 0.89mg (4.93%), Vitamin B2: 0.08mg (4.59%), Potassium: 129.45mg (3.7%), Vitamin K: 3.65µg (3.48%), Manganese: 0.06mg (2.93%), Vitamin B1: 0.04mg (2.54%), Copper: 0.05mg (2.3%), Magnesium: 8.99mg (2.25%), Vitamin B5: 0.22mg (2.23%), Fiber: 0.53g (2.12%), Calcium: 19.05mg (1.9%), Folate: 7.51µg (1.88%), Vitamin E: 0.26mg (1.72%), Vitamin A: 52.26IU (1.05%)