



## Baked BBQ Meatballs

 Popular

READY IN



60 min.

SERVINGS



20

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 tablespoons brown sugar
- 1 cup cracker crumbs
- 2 eggs
- 1 pound ground beef
- 0.5 teaspoon ground nutmeg
- 0.7 cup catsup
- 0.3 cup milk
- 0.3 cup onion chopped

- 0.8 teaspoon salt
- 0.3 cup water

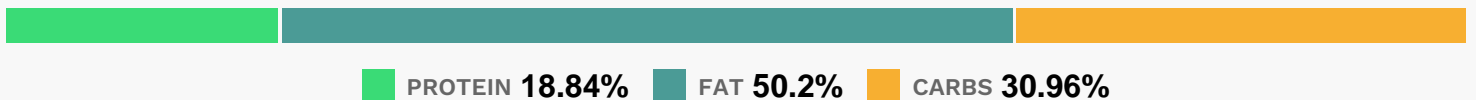
## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Mix ground beef, cracker crumbs, chopped onion, milk, eggs, and salt in a large bowl.
- Roll out 20 meatballs and arrange on a baking sheet with a rim.
- Whisk together the ketchup, water, brown sugar, and nutmeg in a bowl.
- Pour mixture over meatballs.
- Bake in the preheated oven until the meatballs are no longer pink in the center, about 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:3.1660869769428%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 103.31kcal (5.17%), Fat: 5.78g (8.89%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 7.88g (2.86%), Sugar: 5.7g (6.34%), Cholesterol: 32.84mg (10.95%), Sodium: 210.12mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin B12: 0.54µg (9.02%), Selenium: 5.06µg

(7.23%), Zinc: 1.06mg (7.04%), Vitamin B3: 1.23mg (6.16%), Phosphorus: 58.73mg (5.87%), Vitamin B6: 0.1mg (5.05%), Vitamin B2: 0.08mg (4.69%), Iron: 0.71mg (3.95%), Potassium: 105.83mg (3.02%), Vitamin E: 0.36mg (2.42%), Vitamin B5: 0.21mg (2.15%), Vitamin K: 2.18µg (2.07%), Calcium: 19.83mg (1.98%), Vitamin B1: 0.03mg (1.9%), Folate: 6.99µg (1.75%), Magnesium: 7.02mg (1.75%), Manganese: 0.03mg (1.72%), Copper: 0.03mg (1.56%), Vitamin A: 69.83IU (1.4%)