



Barbecue Chicken Meatballs

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple sauce
- ☐ 1 cup barbecue sauce (we like Trader Joe's)
- ☐ 0.7 cup bread crumbs
- ☐ 1 teaspoon chili powder
- ☐ 1 eggs
- ☐ 1 pound ground chicken
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil

- ☐ 1 small onion grated drained
- ☐ 0.5 teaspoon paprika

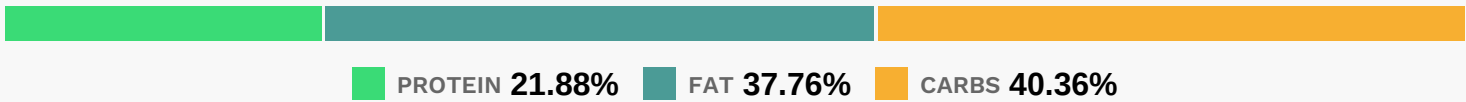
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 8 ingredients. Form the mixture into 1-inch balls.
- ☐ Place the oil in a wide frying pan.
- ☐ Add the meatballs and brown them on all sides until cooked through, 8 to 10 minutes.
- ☐ Add the barbecue sauce. Cook until it reduces and sticks to the meatballs, about 1 minute.
- ☐ Serve.
- ☐ When making meatballs, keep a bowl of water nearby to dunk your hands in, so the mixture doesn't stick to your hands.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:10.530869712%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 297.41kcal (14.87%), Fat: 12.51g (19.25%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 28.68g (10.43%), Sugar: 17.6g (19.56%), Cholesterol: 92.29mg (30.76%), Sodium: 1028.4mg (44.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.61%), Vitamin B3: 5.37mg (26.87%), Vitamin

B6: 0.48mg (23.79%), Selenium: 13.76µg (19.66%), Phosphorus: 183.58mg (18.36%), Vitamin B2: 0.3mg (17.68%), Potassium: 570.01mg (16.29%), Vitamin B1: 0.22mg (14.69%), Vitamin B5: 1.11mg (11.06%), Manganese: 0.21mg (10.51%), Vitamin E: 1.53mg (10.2%), Zinc: 1.5mg (10.03%), Iron: 1.79mg (9.95%), Vitamin B12: 0.53µg (8.84%), Magnesium: 30.23mg (7.56%), Vitamin A: 328.98IU (6.58%), Copper: 0.13mg (6.5%), Fiber: 1.4g (5.59%), Vitamin K: 5.64µg (5.38%), Folate: 20.54µg (5.13%), Calcium: 50.98mg (5.1%), Vitamin C: 1.2mg (1.46%)