



Barbecued Meatballs

READY IN



80 min.

SERVINGS



8

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbecue sauce
- 1.5 cups breadcrumbs fresh
- 2 eggs
- 2 pounds ground beef
- 0.5 cup milk
- 0.3 cup onion chopped
- 1.5 teaspoons salt

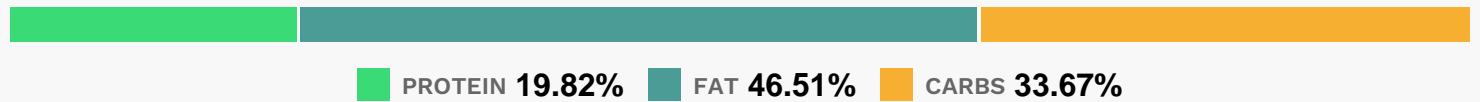
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large bowl, combine the beef, bread, onion, milk, salt and eggs. Shape into little meatballs, about 1 inch in size.
- Place the meatballs into a 9x13 inch baking dish.
- Bake at 375 degrees F (190 degrees C) for 25 to 30 minutes.
- Pour barbecue sauce over the meatballs and bake for 35 more minutes.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:15.960434682991%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 504.61kcal (25.23%), Fat: 25.69g (39.53%), Saturated Fat: 9.6g (60.02%), Carbohydrates: 41.86g (13.95%), Net Carbohydrates: 40.29g (14.65%), Sugar: 23.42g (26.02%), Cholesterol: 123.26mg (41.09%), Sodium: 1338.85mg (58.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.28%), Vitamin B12: 2.68µg (44.63%), Selenium: 26.63µg (38.05%), Zinc: 5.36mg (35.71%), Vitamin B3: 6.55mg (32.74%), Phosphorus: 263.97mg (26.4%), Vitamin B6: 0.47mg (23.63%), Iron: 3.79mg (21.07%), Vitamin B2: 0.36mg (21.05%), Vitamin B1: 0.27mg (18.3%), Potassium: 539.29mg (15.41%), Manganese: 0.29mg (14.45%), Calcium: 104.86mg (10.49%), Vitamin B5: 1.02mg (10.17%), Magnesium: 39.94mg (9.98%), Folate: 37µg (9.25%), Copper: 0.18mg (8.85%), Vitamin E: 1.12mg (7.44%), Fiber: 1.57g (6.28%), Vitamin A: 227.09IU (4.54%), Vitamin K: 4.62µg (4.4%), Vitamin D: 0.5µg (3.34%)