



Barbecued Nibblers

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz apricot preserves
- 1 cup original barbecue sauce kraft
- 1 lb ground beef
- 0.3 cup onions finely chopped
- 20 oz pineapple chunks drained canned
- 16 oz oscar mayer wieners cut into 1-inch lengths

Equipment

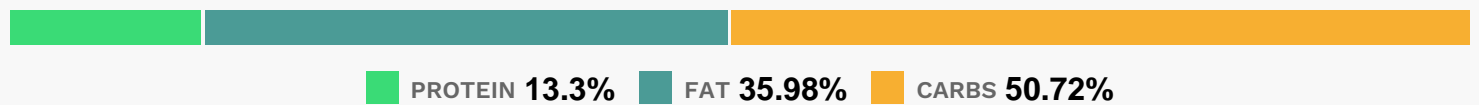
- frying pan

toothpicks

Directions

- Mix meat and onions; shape into 24 meatballs, using about 1 Tbsp. meat mixture for each.
- Cook in large skillet on medium heat 15 to 20 min. or until evenly browned and done (160F), turning after 10 min.; drain.
- Add remaining ingredients; simmer 5 min. or until heated through, stirring occasionally.
- Serve on frilled toothpicks, if desired.

Nutrition Facts



Properties

Glycemic Index:1.38, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:2.4539130556843%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 98.6kcal (4.93%), Fat: 4.03g (6.2%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 12.49g (4.54%), Sugar: 8.13g (9.03%), Cholesterol: 13.15mg (4.38%), Sodium: 162.39mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Selenium: 5.03µg (7.19%), Vitamin B12: 0.3µg (5.03%), Vitamin B3: 0.99mg (4.94%), Zinc: 0.74mg (4.91%), Iron: 0.62mg (3.43%), Vitamin B2: 0.06mg (3.39%), Vitamin B1: 0.05mg (3.24%), Phosphorus: 32.11mg (3.21%), Vitamin B6: 0.06mg (3.06%), Vitamin C: 2.21mg (2.68%), Potassium: 89.35mg (2.55%), Copper: 0.05mg (2.25%), Folate: 7.48µg (1.87%), Magnesium: 6.9mg (1.72%), Vitamin B5: 0.13mg (1.31%), Manganese: 0.03mg (1.27%), Fiber: 0.29g (1.16%), Calcium: 11.32mg (1.13%)