



BBQ Glazed Homemade Meatballs



Gluten Free



Popular

READY IN



75 min.

SERVINGS



25

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar
- ☐ 1 tablespoon chili powder
- ☐ 1 eggs lightly beaten
- ☐ 6.5 ounces evaporated milk
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 1.5 pounds ground beef
- ☐ 1 cup catsup

- ☐ 1 tablespoon liquid smoke flavoring
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup cooking oats quick
- ☐ 1 teaspoon salt

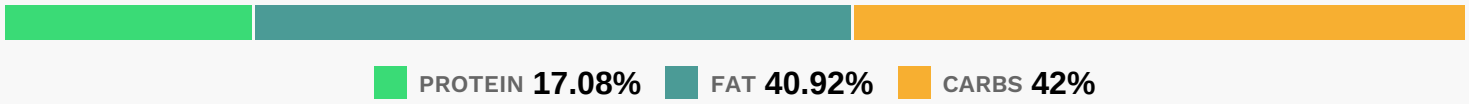
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- ☐ In a bowl, mix beef, egg, oats, evaporated milk, salt, pepper, garlic powder, chili powder, and 1/2 cup onion. Form into 1 1/2 inch balls and arrange in a single layer in the baking dish.
- ☐ In a separate bowl, mix ketchup, garlic, sugar, 1/4 cup onion, and liquid smoke.
- ☐ Pour evenly over the meatballs.
- ☐ Bake uncovered 1 hour in the preheated oven, until the minimum internal temperature of a meatball reaches 160 degrees F (72 degrees C).

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:1.35, Inflammation Score:-2, Nutrition Score:4.4539130343043%

Flavonoids

Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 139.88kcal (6.99%), Fat: 6.45g (9.93%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 14.36g (5.22%), Sugar: 11.6g (12.89%), Cholesterol: 28.01mg (9.34%), Sodium: 218.02mg (9.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin B12: 0.61µg (10.16%), Zinc: 1.36mg (9.1%), Selenium: 6.18µg (8.82%), Manganese: 0.17mg (8.69%), Phosphorus: 81.83mg (8.18%), Vitamin B3: 1.38mg (6.92%), Vitamin B6: 0.13mg (6.52%), Vitamin B2: 0.1mg (5.64%), Iron: 0.89mg (4.95%), Potassium: 162.9mg (4.65%), Magnesium: 18.45mg (4.61%), Calcium: 37.8mg (3.78%), Vitamin A: 171.46IU (3.43%), Vitamin E: 0.43mg (2.86%), Vitamin B5: 0.26mg (2.59%), Vitamin B1: 0.04mg (2.52%), Copper: 0.05mg (2.46%), Fiber: 0.54g (2.15%), Folate: 6.35µg (1.59%), Vitamin K: 1.32µg (1.26%), Vitamin C: 0.9mg (1.09%)