

BBQ Meatballs

 Dairy Free

READY IN



105 min.

SERVINGS



60

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 ounce hickory smoke barbeque sauce flavored
- ☐ 1 cup brown sugar
- ☐ 8 ounce pineapple crushed canned
- ☐ 56 ounce tomatoes crushed canned
- ☐ 2 tablespoons onion flakes dried minced
- ☐ 4 eggs beaten
- ☐ 1 teaspoon garlic powder to taste
- ☐ 3 pounds ground beef

- ☐ 0.5 teaspoon ground pepper black to taste
- ☐ 2 pounds pd of ground turkey
- ☐ 15 ounce seasoned bread crumbs italian
- ☐ 14 ounce catsup
- ☐ 0.5 teaspoon salt to taste
- ☐ 28.5 ounce tomato purée canned
- ☐ 0.5 cup vodka
- ☐ 0.5 cup water
- ☐ 1 tablespoon worcestershire sauce

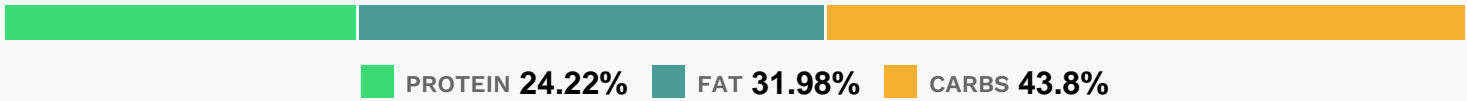
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large bowl, combine eggs, 1/2 cup vodka and Worcestershire sauce. Season with 2 tablespoons onion flakes, garlic powder, salt and pepper.
- ☐ Mix in ground beef, ground turkey and bread crumbs. Shape into meatballs, and set aside.
- ☐ In a very large pot over medium heat,
- ☐ Combine crushed tomatoes, tomato puree, barbeque sauce, pineapple, brown sugar, ketchup, and 1/2 cup vodka. Season to taste with onion flakes, garlic powder, salt and pepper. Bring to a boil, reduce heat and let simmer.
- ☐ Heat a large heavy skillet over medium heat. Cook meatballs until evenly brown on all sides. Carefully place into sauce, and simmer for at least an hour.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:0.82, Inflammation Score:-3, Nutrition Score:7.5008694788684%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 161.79kcal (8.09%), Fat: 5.68g (8.73%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 16.22g (5.9%), Sugar: 10.59g (11.77%), Cholesterol: 35.4mg (11.8%), Sodium: 346.37mg (15.06%), Alcohol: 0.67g (100%), Alcohol %: 0.74% (100%), Protein: 9.67g (19.34%), Vitamin B3: 3.52mg (17.59%), Vitamin B6: 0.3mg (15.23%), Selenium: 9.87µg (14.1%), Phosphorus: 106.12mg (10.61%), Vitamin B12: 0.61µg (10.22%), Zinc: 1.5mg (9.98%), Iron: 1.61mg (8.96%), Manganese: 0.17mg (8.57%), Potassium: 296.93mg (8.48%), Vitamin B1: 0.13mg (8.42%), Vitamin B2: 0.13mg (7.67%), Copper: 0.13mg (6.74%), Vitamin K: 6.21µg (5.91%), Magnesium: 22.98mg (5.74%), Vitamin C: 4.7mg (5.7%), Vitamin E: 0.82mg (5.46%), Fiber: 1.28g (5.1%), Folate: 19.12µg (4.78%), Vitamin B5: 0.47mg (4.72%), Calcium: 41.02mg (4.1%), Vitamin A: 174.36IU (3.49%)