



Burger" Bites

 **Gluten Free**  **Dairy Free**

READY IN



22 min.

SERVINGS



22

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup honey barbecue sauce sweet kraft
- 0.3 cup grape jelly
- 1 lb meatballs frozen fully cooked
- 24 pineapple chunks canned drained ()
- 1 large bell pepper red cut into 24 pieces

Equipment

- frying pan
- toothpicks

wooden skewers

Directions

- Cook barbecue sauce and jelly in large skillet on medium heat 2 min. or until jelly is melted and mixture is well blended, stirring frequently.
- Add meatballs; cook 10 min. or until heated through, stirring occasionally.
- Thread 1 meatball onto each of 24 wooden skewers or toothpicks alternately with 1 each pineapple chunk and red pepper piece.

Nutrition Facts



Properties

Glycemic Index:3.95, Glycemic Load:1.53, Inflammation Score:-2, Nutrition Score:3.1804347802763%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 78.74kcal (3.94%), Fat: 4.44g (6.82%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.5g (5%), Cholesterol: 14.84mg (4.95%), Sodium: 80.04mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin C: 10.17mg (12.32%), Vitamin B1: 0.16mg (10.54%), Selenium: 5.25µg (7.49%), Vitamin B6: 0.11mg (5.36%), Vitamin B3: 1.01mg (5.05%), Vitamin A: 249.95IU (5%), Phosphorus: 40.13mg (4.01%), Vitamin B2: 0.06mg (3.62%), Zinc: 0.49mg (3.24%), Potassium: 94.31mg (2.69%), Vitamin B12: 0.14µg (2.41%), Vitamin B5: 0.17mg (1.73%), Iron: 0.28mg (1.54%), Magnesium: 5.98mg (1.49%), Folate: 5.07µg (1.27%), Vitamin E: 0.17mg (1.16%), Fiber: 0.27g (1.09%), Manganese: 0.02mg (1.01%), Copper: 0.02mg (1.01%)