

Cape Cod Cocktail Meatballs

 Dairy Free

READY IN



80 min.

SERVINGS



40

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bread crumbs
- 2.5 tablespoons brown sugar packed
- 2 eggs
- 0.3 cup parsley fresh chopped
- 0.3 teaspoon garlic powder
- 2 pounds ground beef
- 1.5 cups catsup
- 1 tablespoon juice of lemon

- 2 tablespoons onion grated
- 2 tablespoons soya sauce

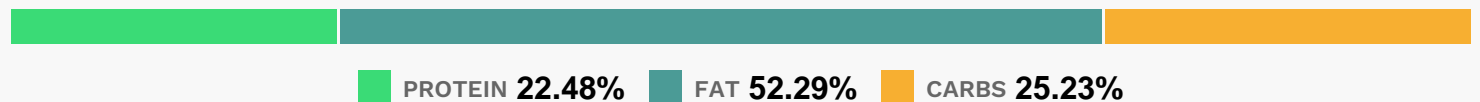
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Mix ground beef, bread crumbs, parsley, eggs, grated onion, soy sauce, and garlic powder in a bowl until thoroughly combined. Pinch off about 2 teaspoons of meat mixture per meatball and roll into small meatballs. Arrange meatballs in a large, deep baking dish.
- Bake in the preheated oven until meatballs are browned, about 25 minutes.
- Drain excess grease.
- Combine jellied cranberry sauce, ketchup, brown sugar, and lemon juice in a saucepan and place over medium heat. Stir the sauce until cranberry sauce has melted and brown sugar has dissolved.
- Pour the sauce over meatballs and bake until sauce forms a glaze and meatballs are no longer pink inside, 25 to 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:1.98, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.2739130232645%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Isorhamnetin:

0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 84.38kcal (4.22%), Fat: 4.9g (7.54%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 5.14g (1.87%), Sugar: 2.87g (3.19%), Cholesterol: 24.29mg (8.1%), Sodium: 170.44mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Vitamin B12: 0.51µg (8.57%), Zinc: 1.04mg (6.94%), Selenium: 4.84µg (6.92%), Vitamin K: 7.02µg (6.68%), Vitamin B3: 1.31mg (6.55%), Vitamin B6: 0.1mg (4.9%), Phosphorus: 48.65mg (4.87%), Vitamin B2: 0.07mg (4.2%), Iron: 0.69mg (3.85%), Potassium: 101.18mg (2.89%), Vitamin B1: 0.04mg (2.6%), Manganese: 0.04mg (2.15%), Folate: 7.24µg (1.81%), Magnesium: 7.15mg (1.79%), Vitamin A: 89.67IU (1.79%), Vitamin B5: 0.17mg (1.74%), Vitamin E: 0.25mg (1.69%), Copper: 0.03mg (1.62%), Calcium: 13.08mg (1.31%), Vitamin C: 1.05mg (1.27%)