



Cheddar Stuffed Meatballs with Sauce

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slice bread crumbled
- ☐ 1 cup cheddar cheese diced to taste
- ☐ 0.5 cup cranberries
- ☐ 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 eggs beaten
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 pound ground veal lean
- ☐ 3 tablespoons maple syrup

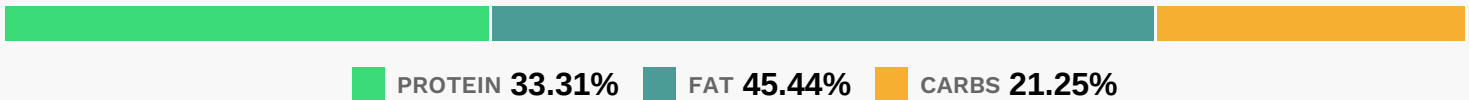
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper and place it in the oven.
- ☐ Stir cranberry juice, cranberries, and maple syrup together in a skillet; bring to a boil. Reduce heat to low and simmer until cranberries burst, about 10 minutes.
- ☐ Pour cranberry mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth. Season pureed cranberry sauce with salt and pepper.
- ☐ Stir veal, egg, bread crumbs, and rosemary together in a bowl. Season meat mixture with salt and pepper.
- ☐ Shape meat mixture into balls by pressing the meat around the Cheddar cheese cubes.
- ☐ Place meatballs on prepared baking sheet.
- ☐ Bake meatballs in the preheated oven until meat is cooked through and cheese is melted, 8 to 10 minutes.
- ☐ Serve meatballs with cranberry sauce.

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:4.15, Inflammation Score:-2, Nutrition Score:8.9243478723194%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 187.41kcal (9.37%), Fat: 9.36g (14.39%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 9.44g (3.43%), Sugar: 6.94g (7.71%), Cholesterol: 81.08mg (27.03%), Sodium: 164.38mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.86%), Vitamin B3: 4.49mg (22.44%), Vitamin B2: 0.35mg (20.52%), Phosphorus: 198.11mg (19.81%), Zinc: 2.44mg (16.24%), Selenium: 11.31µg (16.16%), Vitamin B12: 0.96µg (15.97%), Manganese: 0.27mg (13.43%), Vitamin B6: 0.27mg (13.38%), Calcium: 126.29mg (12.63%), Vitamin B5: 0.93mg (9.34%), Potassium: 237.55mg (6.79%), Magnesium: 22.61mg (5.65%), Vitamin B1: 0.07mg (4.89%), Copper: 0.09mg (4.46%), Iron: 0.79mg (4.38%), Folate: 16.16µg (4.04%), Vitamin E: 0.59mg (3.94%), Vitamin A: 183.45IU (3.67%), Vitamin C: 2.36mg (2.86%), Vitamin K: 1.81µg (1.72%), Fiber: 0.41g (1.64%), Vitamin D: 0.19µg (1.3%)