



Classic Cocktail Meatballs

 Dairy Free

READY IN



35 min.

SERVINGS



50

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz heinz chili sauce
- 2 eggs
- 12 oz grape jelly
- 2 lb ground beef lean
- 6 oz stove top stuffing mix for chicken
- 1 cup water

Equipment

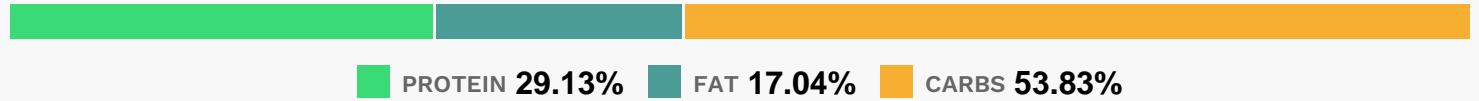
- sauce pan

- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Mix meat, stuffing mix, water and eggs until blended. Shape into 50 (1-1/2-inch) meatballs; place in 2 foil-lined 15x10x1-inch pans sprayed with cooking spray.
- Bake 16 min. or until done (160F). Meanwhile, bring jelly and chili sauce to boil in large saucepan on medium heat, stirring occasionally.
- Add meatballs to sauce; stir to evenly coat.

Nutrition Facts



Properties

Glycemic Index:1.1, Glycemic Load:2.54, Inflammation Score:-1, Nutrition Score:2.9004348024078%

Nutrients (% of daily need)

Calories: 65.68kcal (3.28%), Fat: 1.22g (1.87%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 8.29g (3.02%), Sugar: 4.49g (4.99%), Cholesterol: 17.83mg (5.94%), Sodium: 155.86mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.35%), Selenium: 5.54µg (7.92%), Vitamin B12: 0.42µg (7.05%), Zinc: 0.99mg (6.62%), Vitamin B3: 1.31mg (6.53%), Phosphorus: 49.04mg (4.9%), Vitamin B6: 0.09mg (4.58%), Iron: 0.68mg (3.78%), Vitamin B2: 0.06mg (3.58%), Potassium: 103.99mg (2.97%), Vitamin B1: 0.04mg (2.38%), Folate: 8.81µg (2.2%), Vitamin C: 1.69mg (2.05%), Copper: 0.04mg (1.99%), Magnesium: 6.7mg (1.67%), Vitamin B5: 0.16mg (1.58%), Vitamin E: 0.22mg (1.47%), Fiber: 0.35g (1.39%), Manganese: 0.03mg (1.26%), Vitamin A: 55.84IU (1.12%)