

Cocktail Meatballs



Dairy Free



Popular

READY IN



105 min.

SERVINGS



10

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 1 tablespoon brown sugar
- ☐ 0.8 cup chili sauce
- ☐ 1 eggs
- ☐ 1 pound ground beef lean
- ☐ 1.5 teaspoons juice of lemon
- ☐ 3 tablespoons onion minced
- ☐ 2 tablespoons water

☐ 8 ounce jellied cranberry sauce canned

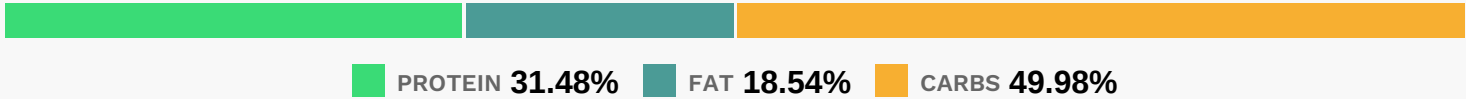
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ slow cooker

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, mix together the ground beef, egg, water, bread crumbs, and minced onion.
- ☐ Roll into small meatballs.
- ☐ Bake in preheated oven for 20 to 25 minutes, turning once.
- ☐ In a slow cooker or large saucepan over low heat, blend the cranberry sauce, chili sauce, brown sugar, and lemon juice.
- ☐ Add meatballs, and simmer for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:7.086521723996%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 150.59kcal (7.53%), Fat: 3.07g (4.73%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 17.61g (6.4%), Sugar: 11.6g (12.88%), Cholesterol: 44.49mg (14.83%), Sodium: 351.83mg (15.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.48%), Vitamin B12: 1.07µg (17.9%), Zinc: 2.49mg (16.6%), Vitamin B3: 3.21mg (16.05%), Selenium: 10.95µg (15.64%), Phosphorus: 119.97mg (12%), Vitamin B6: 0.23mg (11.61%), Iron: 1.69mg (9.39%), Vitamin B2: 0.13mg (7.94%), Potassium: 262.46mg (7.5%), Vitamin B1: 0.1mg (6.4%), Vitamin E: 0.78mg (5.22%), Vitamin C: 4.01mg (4.87%), Copper: 0.09mg (4.34%), Fiber: 1.04g (4.15%), Magnesium: 16.22mg (4.06%), Vitamin B5: 0.39mg (3.95%), Manganese: 0.07mg (3.69%), Vitamin A: 172.62IU (3.45%), Folate: 12.92µg (3.23%), Calcium: 23.02mg (2.3%), Vitamin K: 1.9µg (1.81%)