



HEALTH SCORE

71%

Cocktail Meatballs



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2948 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon mustard dry
- ☐ 0.5 cup cooking sherry dry
- ☐ 3 large eggs beaten
- ☐ 0.5 teaspoon mace
- ☐ 1 cup catsup
- ☐ 2 pounds ground beef lean
- ☐ 1 cup milk

- ☐ 0.5 cup currant jelly
- ☐ 1 tablespoon salt
- ☐ 2 teaspoons paprika sweet
- ☐ 1 serving vegetable oil for brushing
- ☐ 1 small onion white minced
- ☐ 5 slices d sandwich bread white
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ broiler
- ☐ ice cream scoop
- ☐ slotted spoon

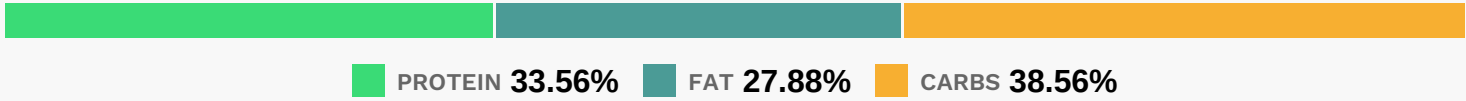
Directions

- ☐ Preheat the broiler. In a large bowl, soak the bread in the milk for 1 minute, until softened. Squeeze out the excess milk and return the bread to the bowl.
- ☐ Add the eggs, onion, salt, paprika, dry mustard, pepper and mace and mix until smooth.
- ☐ Add the ground beef and mix until evenly combined.
- ☐ Brush a large rimmed baking sheet with oil. Using a 2-tablespoon-size ice cream scoop, form the meat into 1 1/2-inch balls; roll until smooth.
- ☐ Transfer the meatballs to the baking sheet and brush the tops with oil. Broil 10 inches from the heat for about 10 minutes, shifting the sheet occasionally, until the meatballs are sizzling and browned.
- ☐ Meanwhile, in a large, deep skillet, combine the ketchup, jelly, sherry and Worcestershire.
- ☐ Add 1/2 cup of water and bring to a simmer, whisking until the jelly is melted.

- ☐
- Using a slotted spoon, add the meatballs to the sauce and simmer over low heat until thickly glazed, about 15 minutes.

☐

Nutrition Facts



Properties

Glycemic Index:256.78, Glycemic Load:113.71, Inflammation Score:-10, Nutrition Score:79.273478466532%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg

Nutrients (% of daily need)

Calories: 2948.19kcal (147.41%), Fat: 87.95g (135.3%), Saturated Fat: 33.12g (207.01%), Carbohydrates: 273.65g (91.22%), Net Carbohydrates: 264.9g (96.33%), Sugar: 158.91g (176.57%), Cholesterol: 1149.73mg (383.24%), Sodium: 10942.13mg (475.74%), Alcohol: 12.36g (100%), Alcohol %: 0.75% (100%), Protein: 238.16g (476.31%), Vitamin B12: 22.97µg (382.89%), Selenium: 247.68µg (353.83%), Zinc: 51.36mg (342.43%), Vitamin B3: 60.5mg (302.52%), Phosphorus: 2659.52mg (265.95%), Vitamin B6: 4.73mg (236.51%), Vitamin B2: 3.43mg (201.77%), Iron: 32.79mg (182.16%), Potassium: 5112.13mg (146.06%), Vitamin B5: 10.12mg (101.21%), Magnesium: 357.86mg (89.47%), Vitamin B1: 1.34mg (89.3%), Vitamin A: 4436.81IU (88.74%), Calcium: 870.36mg (87.04%), Manganese: 1.69mg (84.59%), Folate: 316.9µg (79.22%), Copper: 1.49mg (74.44%), Vitamin E: 10.67mg (71.12%), Vitamin D: 6.59µg (43.94%), Vitamin K: 42.99µg (40.94%), Vitamin C: 32.58mg (39.49%), Fiber: 8.75g (35%)