



Cocktail Meatballs I

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 1.5 tablespoons onion flakes dried minced
- 2 eggs
- 1 pound ground beef
- 0.8 cup catsup
- 1 teaspoon ground mustard
- 6 drops pepper sauce hot
- 1 cup rolled oats

- 4 servings seasoning salt to taste
- 0.3 cup vinegar
- 0.5 cup water
- 4 teaspoons worcestershire sauce

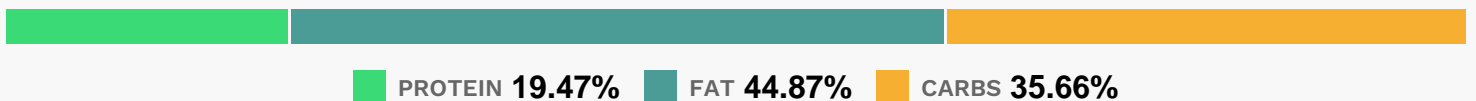
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a large bowl, combine the ground beef, eggs, rolled oats, minced onion flakes, hot pepper sauce and seasoning salt.
- Mix well and form into 1 inch meatballs.
- Place into a 9x13 inch baking dish.
- Bake, uncovered, at 325 degrees F (165 degrees C) for 30 minutes.
- Meanwhile, in a separate medium bowl, combine the ketchup, water, vinegar, brown sugar, minced onion flakes, dry mustard, Worcestershire sauce and hot pepper sauce.
- Mix together well and set aside.
- Remove meatballs from oven and pour reserved sauce over them. Cover with foil and return to oven.
- Bake, covered, in a preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:4.67, Inflammation Score:-4, Nutrition Score:18.797391362812%

Flavonoids

Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 528.17kcal (26.41%), Fat: 26.33g (40.51%), Saturated Fat: 9.63g (60.21%), Carbohydrates: 47.08g (15.69%), Net Carbohydrates: 44.66g (16.24%), Sugar: 29.01g (32.23%), Cholesterol: 162.35mg (54.12%), Sodium: 835.41mg (36.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.71g (51.43%), Selenium: 31.4µg (44.86%), Vitamin B12: 2.62µg (43.71%), Manganese: 0.86mg (42.89%), Zinc: 5.93mg (39.52%), Phosphorus: 332.49mg (33.25%), Vitamin B3: 5.79mg (28.94%), Vitamin B6: 0.54mg (26.85%), Iron: 4.14mg (23%), Vitamin B2: 0.39mg (22.75%), Potassium: 645.37mg (18.44%), Magnesium: 62.28mg (15.57%), Vitamin B5: 1.21mg (12.1%), Copper: 0.24mg (12.02%), Vitamin B1: 0.17mg (11.59%), Vitamin E: 1.47mg (9.82%), Fiber: 2.42g (9.68%), Folate: 33.49µg (8.37%), Calcium: 79.89mg (7.99%), Vitamin A: 357.31IU (7.15%), Vitamin C: 5.19mg (6.29%), Vitamin K: 4.06µg (3.86%), Vitamin D: 0.55µg (3.69%)