



Cocktail Meatballs I

READY IN



70 min.

SERVINGS



16

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup breadcrumbs dried
- 12 fluid ounces chili sauce
- 1 eggs
- 1.3 cups grape jelly
- 1 pound ground beef
- 0.1 teaspoon pepper black
- 0.3 cup milk
- 0.3 cup onion chopped
- 1 teaspoon salt

- 0.3 cup shortening
- 0.5 teaspoon worcestershire sauce

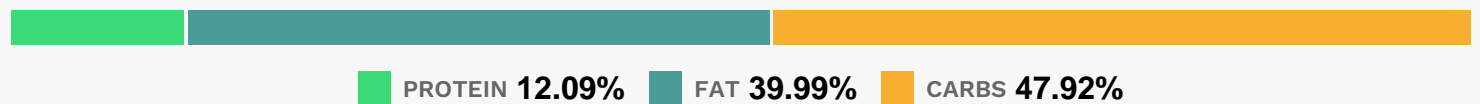
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a large bowl, combine ground beef, bread crumbs, onion, milk, egg, salt, Worcestershire sauce, and ground black pepper.
- Mix together, and shape into meatballs.
- In a large skillet, heat shortening over medium heat.
- Add meatballs, and cook until browned, about 5 to 7 minutes.
- Remove from skillet, and drain on paper towels.
- Add chili sauce and jelly to skillet; heat, stirring, until jelly is melted. Return meatballs to skillet, and stir until coated. Reduce heat to low. Simmer, uncovered, for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:10.04, Inflammation Score:-2, Nutrition Score:5.215652136699%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 215.64kcal (10.78%), Fat: 9.52g (14.65%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 24.64g (8.96%), Sugar: 16.4g (18.22%), Cholesterol: 30.82mg (10.27%), Sodium: 502.78mg (21.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Vitamin B12: 0.66µg (11.06%),

Selenium: 6.81µg (9.73%), Vitamin B3: 1.8mg (8.99%), Zinc: 1.34mg (8.95%), Phosphorus: 77.34mg (7.73%), Vitamin C: 6.16mg (7.46%), Vitamin B6: 0.15mg (7.38%), Vitamin B2: 0.11mg (6.49%), Iron: 1.09mg (6.06%), Potassium: 201.79mg (5.77%), Vitamin E: 0.8mg (5.36%), Vitamin B1: 0.07mg (4.97%), Copper: 0.09mg (4.27%), Fiber: 1.04g (4.15%), Vitamin K: 3.65µg (3.48%), Vitamin A: 172.13IU (3.44%), Folate: 12.46µg (3.11%), Calcium: 28.42mg (2.84%), Magnesium: 11.17mg (2.79%), Manganese: 0.05mg (2.6%), Vitamin B5: 0.25mg (2.49%)