



Cocktail Meatballs II

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



65 min.

SERVINGS



32

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup chili sauce
- 1.3 cups grape jelly
- 2 pounds ground beef lean
- 2 tablespoons juice of lemon fresh

Equipment

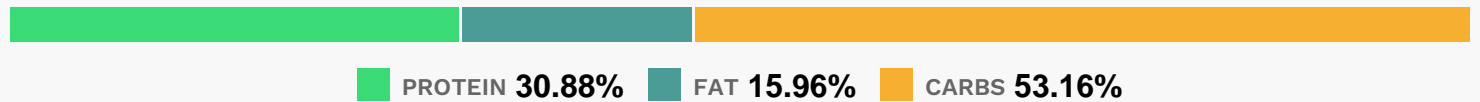
- oven
- roasting pan
- aluminum foil

dutch oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a large roasting pan with foil.
- Shape ground beef into golf sized balls. Arrange them on the large roasting pan.
- Bake the meatballs for 20 to 25 minutes.
- While the meatballs are baking, combine the jelly, chili sauce and lemon juice in a Dutch oven. When the meatballs finish cooking add them to the Dutch oven.
- Cover the oven and simmer on low for 30 minutes.
- Serve the meatballs hot.

Nutrition Facts



Properties

Glycemic Index:1.72, Glycemic Load:4.95, Inflammation Score:-1, Nutrition Score:3.4534782676593%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 83.82kcal (4.19%), Fat: 1.45g (2.24%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 10.55g (3.84%), Sugar: 7.6g (8.44%), Cholesterol: 17.58mg (5.86%), Sodium: 137.29mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.67%), Vitamin B12: 0.63µg (10.58%), Zinc: 1.47mg (9.77%), Vitamin B3: 1.7mg (8.5%), Selenium: 5.29µg (7.56%), Vitamin B6: 0.13mg (6.39%), Phosphorus: 63.17mg (6.32%), Iron: 0.81mg (4.49%), Potassium: 140.85mg (4.02%), Vitamin B2: 0.06mg (3.64%), Vitamin C: 2.9mg (3.51%), Copper: 0.05mg (2.32%), Magnesium: 7.85mg (1.96%), Vitamin B5: 0.19mg (1.86%), Vitamin E: 0.26mg (1.74%), Vitamin B1: 0.02mg (1.44%), Fiber: 0.35g (1.41%), Vitamin A: 58.07IU (1.16%)