



Connie's Sweet and Sour Christmas Meatballs

 Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beef bouillon from cube
- ☐ 2 slices bread crumbled
- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons cornstarch
- ☐ 1 eggs
- ☐ 1 pound ground beef
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 1 cup catsup

- ☐ 0.5 cup vinegar
- ☐ 0.3 cup water

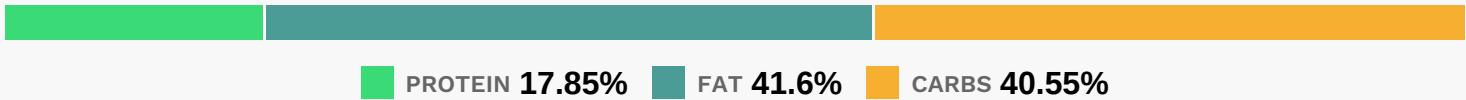
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat egg and water in a bowl; add ground beef, bread crumbs, salt, and black pepper to eggs and mix thoroughly. Form ground beef mixture into bite-size meatballs; place meatballs into a large baking dish.
- ☐ Bake in the preheated oven until meatballs are browned and no longer pink inside, 25 to 30 minutes.
- ☐ Mix ketchup, beef bouillon, and vinegar in a large saucepan or Dutch oven.
- ☐ Combine brown sugar and cornstarch in a small bowl and stir brown sugar mixture into ketchup mixture. Bring to a boil, reduce heat to low, and stir until sauce is thickened and bubbling and brown sugar has dissolved, about 5 minutes.
- ☐ Add meatballs to sauce, stir until coated, and serve.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:2.0386956437774%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 70.99kcal (3.55%), Fat: 3.27g (5.04%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 7.08g (2.57%), Sugar: 5.37g (5.97%), Cholesterol: 16.19mg (5.4%), Sodium: 124.62mg (5.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin B12: 0.34µg (5.7%), Selenium: 3.45µg (4.93%), Vitamin B3: 0.93mg (4.63%), Zinc: 0.69mg (4.57%), Vitamin B6: 0.07mg (3.42%), Phosphorus: 32.71mg (3.27%), Vitamin B2: 0.05mg (2.87%), Iron: 0.46mg (2.54%), Potassium: 77.3mg (2.21%), Manganese: 0.04mg (1.91%), Vitamin E: 0.2mg (1.32%), Magnesium: 5.13mg (1.28%), Vitamin B5: 0.12mg (1.24%), Copper: 0.02mg (1.12%), Calcium: 10.94mg (1.09%), Folate: 4.25µg (1.06%), Vitamin B1: 0.02mg (1.05%)