



Cranberry-Glazed Appetizer Meatballs

 Dairy Free

READY IN



70 min.

SERVINGS



30

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb ground beef 80% lean (at least)
- 0.5 cup onion finely chopped (1 medium)
- 0.5 cup breadcrumbs plain
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 2 eggs slightly beaten
- 12 oz chili sauce ()
- 1 cup roasted cranberry sauce canned (16-oz size)

60 cranberries fresh

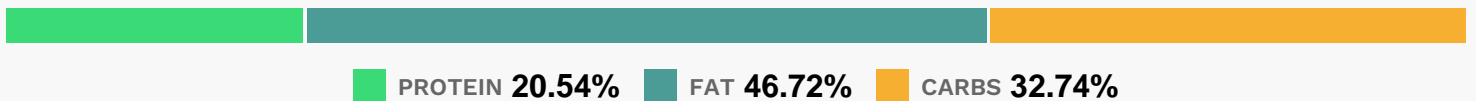
Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Heat oven to 375°F. In large bowl, stir meatball ingredients until well mixed. Shape into 1-inch balls; place in ungreased 15x10x1-inch pan.
- Bake 25 to 30 minutes or until meatballs are thoroughly cooked and no longer pink in center.
- Meanwhile, in 3-quart saucepan, stir sauce ingredients until well blended.
- Heat to boiling over medium heat. Reduce heat to low; simmer 5 minutes, stirring occasionally.
- Add meatballs to sauce; stir to coat. Cook over medium heat about 5 minutes, stirring occasionally, until thoroughly heated. Thread cranberries on toothpicks; stick toothpicks in meatballs to serve.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:3.2895652340806%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg

3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 96.19kcal (4.81%), Fat: 4.96g (7.64%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 7.25g (2.64%), Sugar: 4.8g (5.33%), Cholesterol: 27.01mg (9%), Sodium: 223.86mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin B12: 0.52µg (8.63%), Selenium: 4.93µg (7.05%), Zinc: 1.04mg (6.93%), Vitamin B3: 1.28mg (6.38%), Vitamin B6: 0.1mg (5.21%), Phosphorus: 51.89mg (5.19%), Iron: 0.72mg (3.99%), Vitamin B2: 0.07mg (3.84%), Potassium: 118.99mg (3.4%), Vitamin E: 0.46mg (3.05%), Vitamin C: 2.38mg (2.89%), Vitamin B1: 0.04mg (2.76%), Fiber: 0.58g (2.3%), Copper: 0.04mg (2%), Vitamin A: 98.17IU (1.96%), Manganese: 0.04mg (1.85%), Vitamin B5: 0.18mg (1.78%), Magnesium: 6.93mg (1.73%), Folate: 6.53µg (1.63%), Vitamin K: 1.38µg (1.31%), Calcium: 12.4mg (1.24%)