

 70%
HEALTH SCORE

Cranberry Meatballs

 Dairy Free  Very Healthy

READY IN



70 min.

SERVINGS



1

CALORIES



3865 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce chili sauce
- ☐ 0.3 cup breadcrumbs dry
- ☐ 2 large eggs
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 pounds ground beef
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 cup orange marmalade
- ☐ 0.5 teaspoon pepper

- ☐ 1 teaspoon pepper flakes dried red
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons soya sauce
- ☐ 0.5 teaspoon thyme leaves
- ☐ 0.3 cup water
- ☐ 16 ounce cranberry sauce canned

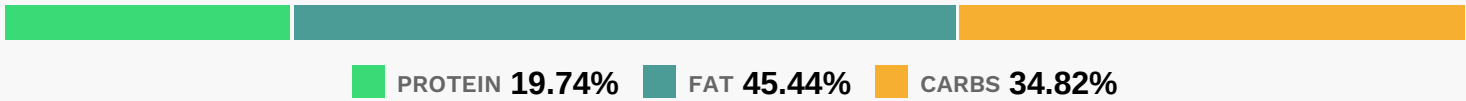
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Combine first 8 ingredients in a large bowl. Shape mixture into about 54 (1-inch) balls.
- ☐ Cook meatballs, in batches, in a large skillet over medium-high heat until browned (about 5 minutes); remove meatballs from pan, and drain well on paper towels.
- ☐ Stir together cranberry and chili sauces and next 5 ingredients in a large Dutch oven over medium heat, and cook, whisking occasionally, 5 minutes or until smooth.
- ☐ Add meatballs; reduce heat to low, and cook, stirring occasionally, 15 to 20 minutes or until centers are no longer pink.
- ☐ Note: To make ahead, place cooked meatballs in a zip-top plastic freezer bag, and freeze up to 1 month. Thaw in refrigerator, and cook, stirring occasionally, until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:74.690869787465%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 12.25mg, Myricetin: 12.25mg, Myricetin: 12.25mg, Myricetin: 12.25mg Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg

Nutrients (% of daily need)

Calories: 3865.27kcal (193.26%), Fat: 194.95g (299.92%), Saturated Fat: 73.43g (458.96%), Carbohydrates: 336.13g (112.04%), Net Carbohydrates: 319.13g (116.05%), Sugar: 240.96g (267.73%), Cholesterol: 1016.1mg (338.7%), Sodium: 10015.93mg (435.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 190.57g (381.15%), Vitamin B12: 20.43µg (340.5%), Zinc: 40.82mg (272.15%), Selenium: 183.14µg (261.63%), Vitamin B3: 48.45mg (242.24%), Vitamin B6: 3.92mg (195.95%), Phosphorus: 1956.27mg (195.63%), Iron: 27.54mg (153.01%), Vitamin B2: 2.38mg (140.06%), Potassium: 4247.91mg (121.37%), Vitamin E: 16.38mg (109.22%), Vitamin B1: 1.2mg (79.69%), Vitamin C: 64.82mg (78.57%), Vitamin A: 3739.41IU (74.79%), Copper: 1.47mg (73.25%), Fiber: 17g (67.99%), Vitamin B5: 6.49mg (64.87%), Magnesium: 258.02mg (64.51%), Manganese: 1.14mg (57.18%), Folate: 200.38µg (50.1%), Vitamin K: 46.84µg (44.61%), Calcium: 429.54mg (42.95%), Vitamin D: 2.91µg (19.38%)