



Cranberry Meatballs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



42

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 12 oz chili sauce
- ☐ 2 eggs beaten
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 pounds ground beef
- ☐ 0.3 cup catsup
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons onion chopped

- ☐ 1 teaspoon parsley flakes
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup quick-cooking oats uncooked
- ☐ 2 tablespoons soya sauce
- ☐ 16 oz jellied cranberry sauce canned

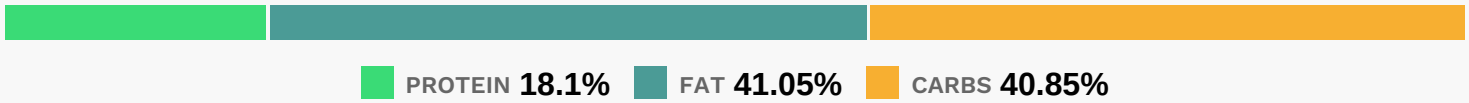
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Combine first nine ingredients in a large bowl.
- ☐ Roll into 2-inch balls; arrange in a shallow baking pan.
- ☐ Bake at 350 for 25 minutes; drain.
- ☐ Whisk together cranberry sauce, chili sauce, brown sugar, and lemon juice in a medium bowl.
- ☐ Spoon sauce over meatballs and bake 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:3.31, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:3.2000000178814%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin:

0.37mg

Nutrients (% of daily need)

Calories: 102.34kcal (5.12%), Fat: 4.7g (7.23%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 9.99g (3.63%), Sugar: 7.54g (8.37%), Cholesterol: 23.13mg (7.71%), Sodium: 220.19mg (9.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Vitamin B12: 0.48µg (8.01%), Zinc: 1.02mg (6.78%), Selenium: 4.73µg (6.75%), Vitamin B3: 1.14mg (5.68%), Phosphorus: 53.67mg (5.37%), Manganese: 0.1mg (5.13%), Vitamin B6: 0.1mg (4.82%), Iron: 0.7mg (3.91%), Vitamin B2: 0.06mg (3.32%), Potassium: 113.06mg (3.23%), Magnesium: 11.25mg (2.81%), Vitamin E: 0.41mg (2.73%), Fiber: 0.52g (2.08%), Vitamin B1: 0.03mg (2.03%), Vitamin C: 1.66mg (2.01%), Copper: 0.04mg (1.98%), Vitamin B5: 0.16mg (1.63%), Vitamin A: 80.84IU (1.62%), Folate: 4.47µg (1.12%), Vitamin K: 1.14µg (1.09%), Calcium: 10.77mg (1.08%)