



Dripping Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beef broth
- ☐ 1 cup breadcrumbs dry
- ☐ 1 teaspoon basil dried
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 eggs beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 pound ground beef
- ☐ 2 tablespoons cooking oil

- ☐ 0.5 cup orange juice
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 teaspoon salt
- ☐ 1 cup roasted cranberry sauce divided

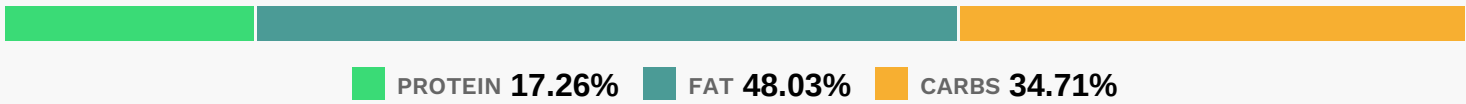
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine ground beef, bread crumbs, 1/2 cup cranberry sauce, egg and seasonings.
- ☐ Mix well; shape into one-inch balls. Cook in hot oil until browned, about 10 minutes; drain.
- ☐ Combine broth and reamining cranberry sauce in saucepan; heat until gently boiling. Stir together juice and flour in a bowl until gently boiling. Stir together juice and flour in a bowl until smooth; add to mixture in saucepan, stirring until thickened. Reduce heat; add meatballs and simmer 15 to 20 minutes. Makes about 3 dozen.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:6.2926087068475%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 203.37kcal (10.17%), Fat: 10.83g (16.67%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 16.84g (6.12%), Sugar: 8.86g (9.85%), Cholesterol: 40.48mg (13.49%), Sodium: 462.88mg (20.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.52%), Vitamin B12: 0.89µg (14.78%),

Selenium: 9.53µg (13.61%), Vitamin B3: 2.46mg (12.31%), Zinc: 1.78mg (11.9%), Phosphorus: 88.24mg (8.82%), Iron: 1.55mg (8.6%), Vitamin B1: 0.12mg (8.22%), Vitamin B6: 0.15mg (7.52%), Vitamin B2: 0.13mg (7.39%), Manganese: 0.13mg (6.6%), Vitamin C: 5.42mg (6.57%), Vitamin E: 0.84mg (5.62%), Vitamin K: 5.57µg (5.3%), Folate: 19.26µg (4.82%), Potassium: 167.13mg (4.78%), Magnesium: 13.71mg (3.43%), Vitamin B5: 0.32mg (3.24%), Copper: 0.06mg (3.18%), Calcium: 31.66mg (3.17%), Fiber: 0.77g (3.07%), Vitamin A: 52.93IU (1.06%)