



Easy Party Meatballs

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 oz original barbecue sauce kraft
- 0.3 cup brown sugar packed
- 1.5 lb ground beef lean
- 16 oz pineapple in juice crushed drained canned
- 6 oz stove top stuffing mix for chicken
- 0.7 cup water

Equipment

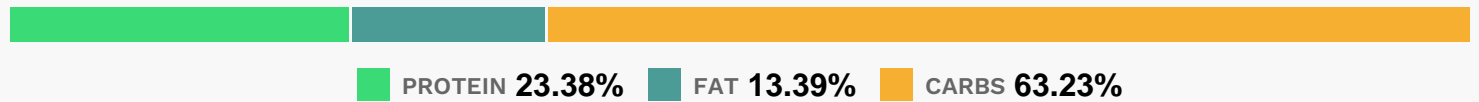
- oven

baking pan

Directions

- Heat oven to 425F.
- Mix meat, stuffing mix and water just until blended. Shape into 1-inch meatballs.
- Place in 13x9-inch baking dish sprayed with cooking spray.
- Bake 20 min. or until done (160F). Meanwhile, combine remaining ingredients.
- Pour barbecue sauce mixture over meatballs; stir to evenly coat meatballs.
- Bake 10 min. or until sauce is heated through.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.8630434760581%

Nutrients (% of daily need)

Calories: 73.69kcal (3.68%), Fat: 1.09g (1.67%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 11.16g (4.06%), Sugar: 7.54g (8.38%), Cholesterol: 10.59mg (3.53%), Sodium: 203.07mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Selenium: 5.23µg (7.47%), Vitamin B3: 1.29mg (6.45%), Vitamin B12: 0.38µg (6.36%), Zinc: 0.94mg (6.26%), Vitamin B6: 0.09mg (4.59%), Phosphorus: 43.08mg (4.31%), Iron: 0.69mg (3.83%), Potassium: 114.8mg (3.28%), Vitamin B2: 0.05mg (3.18%), Vitamin B1: 0.05mg (3.12%), Copper: 0.05mg (2.29%), Magnesium: 8.97mg (2.24%), Folate: 8.83µg (2.21%), Manganese: 0.04mg (2.2%), Fiber: 0.4g (1.59%), Vitamin B5: 0.15mg (1.49%), Vitamin C: 1.14mg (1.38%), Calcium: 12.94mg (1.29%), Vitamin E: 0.17mg (1.12%)