



## Family Secret Meatballs and Sauce

 Gluten Free

READY IN



105 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4.5 tablespoons apple cider vinegar
- ☐ 2 pounds ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 cups catsup
- ☐ 1 cup milk
- ☐ 0.8 cup rolled oats
- ☐ 1.5 teaspoons salt
- ☐ 4.5 tablespoons onion sweet chopped (such as a Walla Walla)

- ☐ 0.8 cup water
- ☐ 3 tablespoons sugar white
- ☐ 3 tablespoons worcestershire sauce

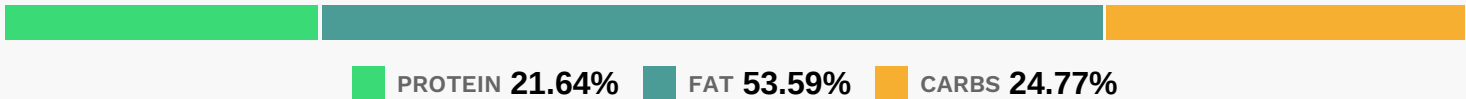
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Mix together the ground beef, rolled oats, 6 tablespoons of sweet onion, milk, salt, and black pepper until thoroughly combined.
- ☐ Roll the mixture into 2-inch meatballs, and place meatballs into the prepared baking dish.
- ☐ In a bowl, mix the ketchup, Worcestershire sauce, sugar, 4 1/2 tablespoons of sweet onion, apple cider vinegar, and water until the sugar has dissolved, and pour the sauce evenly over the meatballs.
- ☐ Bake the meatballs and sauce in the preheated oven until the sauce is bubbling and thickened and the meatballs are no longer pink inside, about 1 1/2 hours. An instant-read thermometer inserted into the center of a meatball should read at least 160 degrees F (70 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:27.51, Glycemic Load:5.48, Inflammation Score:-3, Nutrition Score:14.273913010307%

## Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin:

1.2mg

Nutrients (% of daily need)

Calories: 406.71kcal (20.34%), Fat: 24.22g (37.26%), Saturated Fat: 9.36g (58.5%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 24.2g (8.8%), Sugar: 16.57g (18.41%), Cholesterol: 84.17mg (28.06%), Sodium: 1017.13mg (44.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22g (44%), Vitamin B12: 2.59µg (43.19%), Zinc: 5.25mg (34.98%), Selenium: 20.2µg (28.86%), Vitamin B3: 5.61mg (28.04%), Phosphorus: 259.06mg (25.91%), Vitamin B6: 0.47mg (23.56%), Manganese: 0.38mg (18.78%), Vitamin B2: 0.31mg (18.05%), Iron: 3.07mg (17.04%), Potassium: 571.59mg (16.33%), Magnesium: 41.48mg (10.37%), Copper: 0.16mg (7.99%), Vitamin B5: 0.8mg (7.97%), Calcium: 78.7mg (7.87%), Vitamin E: 1.18mg (7.84%), Vitamin B1: 0.11mg (7.51%), Vitamin A: 286.04IU (5.72%), Folate: 16.25µg (4.06%), Fiber: 0.99g (3.94%), Vitamin K: 3.92µg (3.73%), Vitamin C: 2.94mg (3.57%), Vitamin D: 0.45µg (2.99%)