



Fruity pork meatballs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g meatballs organic (we like Waitrose)
- ☐ 3 tbsp onion
- ☐ 300 g vegetable stock
- ☐ 2 apples red cored sliced

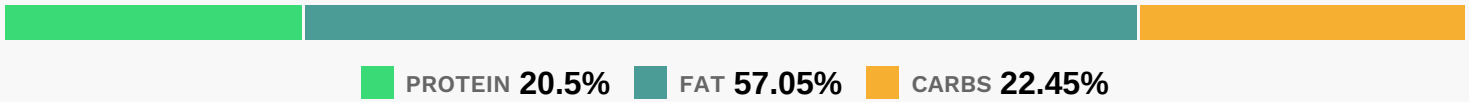
Equipment

- ☐ frying pan

Directions

- ☐ In a large, non-stick frying pan, brown the meatballs for 2 mins over a high heat. Stir in the onion marmalade, stock and apples, then bring to the boil.
- ☐ Simmer for about 15 mins until the apples and pork are cooked and the sauce has thickened. Spoon the meatballs and sauce over mash or a jacket potato.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:3.91, Inflammation Score:-3, Nutrition Score:8.71086957662%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 251.32kcal (12.57%), Fat: 16.05g (24.7%), Saturated Fat: 5.93g (37.07%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 11.91g (4.33%), Sugar: 10.42g (11.58%), Cholesterol: 54mg (18%), Sodium: 343.21mg (14.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.96%), Vitamin B1: 0.57mg (37.86%), Selenium: 18.49µg (26.41%), Vitamin B3: 3.35mg (16.73%), Vitamin B6: 0.33mg (16.68%), Phosphorus: 143.43mg (14.34%), Vitamin B2: 0.2mg (11.88%), Zinc: 1.7mg (11.33%), Fiber: 2.31g (9.25%), Potassium: 323.57mg (9.24%), Vitamin B12: 0.52µg (8.75%), Vitamin C: 5.27mg (6.38%), Vitamin B5: 0.57mg (5.66%), Magnesium: 19.55mg (4.89%), Iron: 0.79mg (4.36%), Vitamin A: 214.29IU (4.29%), Copper: 0.06mg (3.06%), Manganese: 0.05mg (2.45%), Folate: 7.91µg (1.98%), Vitamin K: 2.03µg (1.94%), Calcium: 17.68mg (1.77%), Vitamin E: 0.17mg (1.1%)