



German Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 egg whites lightly beaten
- ☐ 1.5 tablespoons parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 pound ground pork lean
- ☐ 0.5 pound ground round
- ☐ 1 teaspoon mustard prepared
- ☐ 0.5 cup cream sour
- ☐ 0.3 teaspoon pepper

- ☐ 1 cup wine sweet
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon worcestershire sauce

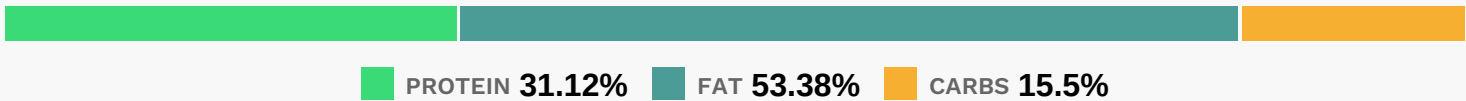
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Combine the first 8 ingredients in a bowl; stir well. Shape mixture into 24 (1-inch) meatballs.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add meatballs; cook 10 minutes or until browned, stirring frequently.
- ☐ Remove from skillet; set aside.
- ☐ Add garlic to skillet; saut 30 seconds.
- ☐ Add wine; bring to a boil over medium heat, and cook 1 minute. Return the meatballs to skillet; cover and cook 5 minutes or until done.
- ☐ Remove from heat.
- ☐ Remove meatballs from the skillet with a slotted spoon; set aside, and keep warm.
- ☐ Add sour cream (at room temperature) and pepper to wine mixture in skillet; stir well. Spoon sauce over meatballs.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:14.89521748605%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg,

Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg
Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 3.23mg, Apigenin:
3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:
0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg,
Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin:
0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 354.38kcal (17.72%), Fat: 18.12g (27.88%), Saturated Fat: 6.85g (42.83%), Carbohydrates: 11.84g (3.95%),
Net Carbohydrates: 11.37g (4.13%), Sugar: 1.28g (1.42%), Cholesterol: 80.27mg (26.76%), Sodium: 344.53mg
(14.98%), Alcohol: 6.18g (100%), Alcohol %: 3.53% (100%), Protein: 23.77g (47.54%), Selenium: 28.79µg (41.14%),
Vitamin B1: 0.53mg (35.08%), Vitamin B3: 5.92mg (29.6%), Vitamin B12: 1.77µg (29.44%), Zinc: 4.32mg (28.83%),
Phosphorus: 259.09mg (25.91%), Vitamin K: 26µg (24.76%), Vitamin B6: 0.49mg (24.59%), Vitamin B2: 0.34mg
(19.95%), Iron: 2.45mg (13.64%), Potassium: 473.76mg (13.54%), Manganese: 0.19mg (9.67%), Magnesium: 36.76mg
(9.19%), Vitamin B5: 0.82mg (8.15%), Calcium: 75.98mg (7.6%), Copper: 0.1mg (5.16%), Folate: 20.02µg (5%),
Vitamin A: 205.94IU (4.12%), Vitamin C: 2.96mg (3.59%), Fiber: 0.47g (1.88%), Vitamin E: 0.21mg (1.37%)