



Grilled Sweet and Sour Meatball Kabobs

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large bell pepper green cut into 12 pieces
- 16 meatballs frozen thawed cooked
- 12 small mushrooms fresh whole
- 8 onion red thin
- 0.5 teaspoon lawry's seasoned salt
- 0.8 cup soy sauce

Equipment

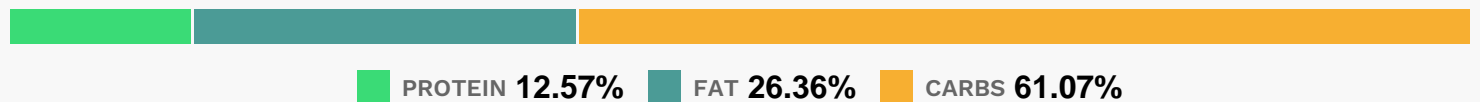
- bowl

- grill
- metal skewers

Directions

- Heat grill. In large bowl, combine bell pepper, onion and mushrooms.
- Sprinkle with seasoned salt; toss to coat.
- Alternately thread meatballs, bell pepper, onion and mushrooms onto four 12 to 14-inch metal skewers.
- When ready to grill, place kabobs on gas grill over medium heat on charcoal grill 4 to 6 inches from medium coals. Cook 10 to 15 minutes or until meatballs are thoroughly heated and vegetables are crisp-tender, brushing generously with half of the sweet-and-sour sauce and turning frequently.
- Serve kabobs with remaining half of sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:4.88, Inflammation Score:-8, Nutrition Score:15.400869495195%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 45.57mg, Quercetin: 45.57mg, Quercetin: 45.57mg, Quercetin: 45.57mg

Nutrients (% of daily need)

Calories: 424.08kcal (21.2%), Fat: 12.26g (18.86%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 63.88g (21.29%), Net Carbohydrates: 59.15g (21.51%), Sugar: 42.81g (47.57%), Cholesterol: 40.32mg (13.44%), Sodium: 1116.57mg (48.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.15g (26.3%), Vitamin C: 50.27mg (60.93%), Vitamin B1: 0.56mg (37.25%), Vitamin B6: 0.6mg (30.08%), Selenium: 17.67µg (25.24%), Vitamin B3: 3.96mg (19.82%), Phosphorus: 195.8mg (19.58%), Vitamin B2: 0.32mg (19%), Fiber: 4.74g (18.95%), Potassium: 649.13mg (18.55%), Manganese: 0.35mg (17.71%), Folate: 53.8µg (13.45%), Zinc: 1.82mg (12.11%), Copper: 0.23mg (11.68%), Vitamin B5: 1.13mg (11.34%), Magnesium: 39.45mg (9.86%), Iron: 1.25mg (6.93%), Vitamin B12: 0.4µg (6.73%), Calcium: 63.62mg

(6.36%), Vitamin K: 3.91 μ g (3.73%), Vitamin A: 160.02IU (3.2%), Vitamin E: 0.2mg (1.32%)