



Hawaiian-Style Meatballs



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 cup apricot preserves
- ☐ 1 tablespoon brown sugar
- ☐ 8 ounce water chestnuts drained finely chopped canned
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 pounds ground beef lean
- ☐ 0.5 teaspoon onion powder
- ☐ 2 tablespoons soya sauce

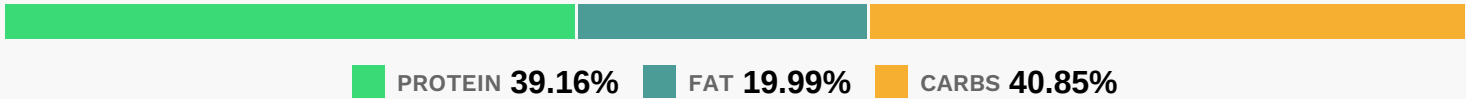
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Mix together ground beef, chestnuts, soy sauce, brown sugar, onion powder, and garlic powder thoroughly in a large bowl. Form the mixture into 2 tablespoon-sized balls, and place onto a baking sheet.
- ☐ Bake in preheated oven until no longer pink in the center, about 15 minutes. Stir together the apricot preserves and the cider vinegar, toss with meatballs in a clean bowl, then return to baking sheet, and bake for an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:10.216956469028%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 207.73kcal (10.39%), Fat: 4.61g (7.09%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 20.19g (7.34%), Sugar: 12.39g (13.77%), Cholesterol: 56.25mg (18.75%), Sodium: 273.88mg (11.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.32g (40.63%), Vitamin B12: 2.03µg (33.87%), Zinc: 4.79mg (31.95%), Vitamin B3: 5.27mg (26.33%), Selenium: 16.61µg (23.72%), Vitamin B6: 0.43mg (21.37%), Phosphorus: 193.17mg (19.32%), Iron: 2.7mg (14.99%), Potassium: 389.12mg (11.12%), Vitamin B2: 0.17mg (9.74%), Copper: 0.14mg (6.8%), Vitamin B5: 0.65mg (6.54%), Magnesium: 24.72mg (6.18%), Manganese: 0.09mg (4.39%), Fiber: 1.01g (4.05%), Vitamin C: 2.56mg (3.1%), Vitamin E: 0.46mg (3.09%), Vitamin B1: 0.04mg (2.95%), Folate: 7.61µg (1.9%), Calcium: 16.79mg (1.68%)