



Hoisin-Glazed Mini Meatballs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 large eggs
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 3 tablespoons hoisin sauce
- ☐ 1 pound ground beef lean
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 0.3 cup onion finely chopped

- ☐ 0.3 cup quick-cooking oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup apricot fruit spread (such as Smucker's Simply Fruit)

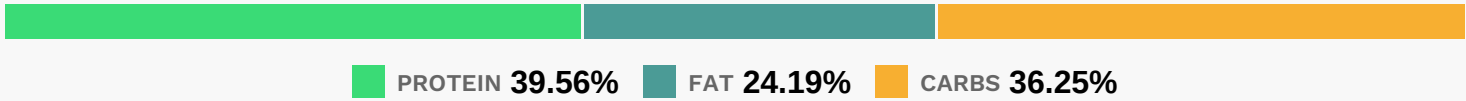
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 7 ingredients in a medium bowl. Shape into 32 balls.
- ☐ Place meatballs on a foil-lined broiler pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until done.
- ☐ Meanwhile, combine apricot fruit spread and next 3 ingredients in a medium saucepan; stir well.
- ☐ Place over medium- high heat, and cook 2 minutes or until thoroughly heated, stirring frequently.
- ☐ Remove from heat; add meatballs, tossing to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.16, Glycemic Load:1.27, Inflammation Score:-1, Nutrition Score:2.0604347819867%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 36.63kcal (1.83%), Fat: 0.96g (1.48%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 3.05g (1.11%), Sugar: 1.83g (2.03%), Cholesterol: 14.65mg (4.88%), Sodium: 109.18mg (4.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin B12: 0.33µg (5.52%), Zinc: 0.79mg (5.24%), Selenium: 3.26µg (4.65%), Vitamin B3: 0.83mg (4.17%), Phosphorus: 38.51mg (3.85%), Vitamin B6: 0.07mg (3.48%), Vitamin C: 2.2mg (2.67%), Iron: 0.46mg (2.53%), Vitamin B2: 0.04mg (2.39%), Manganese: 0.05mg (2.31%), Potassium: 68.98mg (1.97%), Magnesium: 6.91mg (1.73%), Vitamin B5: 0.13mg (1.3%), Copper: 0.02mg (1.09%)