

Holiday Meatballs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



30

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz chili sauce
- 32 oz meatballs frozen
- 0.3 cup orange marmalade
- 30 servings parsley fresh chopped
- 1 teaspoon pepper dried red crushed
- 2 tablespoons red wine vinegar
- 2 tablespoons soya sauce
- 16 oz roasted cranberry sauce canned

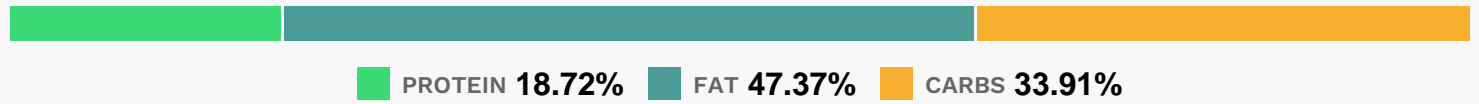
Equipment

dutch oven

Directions

- Stir together first 6 ingredients in a large Dutch oven over medium heat. Cook, stirring occasionally, 5 minutes or until smooth.
- Add meatballs, and cook, stirring occasionally, 20 to 25 minutes or until thoroughly heated.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:1.57, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:7.3652174369149%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 123.1kcal (6.16%), Fat: 6.51g (10.01%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 9.86g (3.58%), Sugar: 7.98g (8.86%), Cholesterol: 21.77mg (7.26%), Sodium: 241.58mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.57%), Vitamin K: 66.47µg (63.31%), Vitamin B1: 0.24mg (15.88%), Selenium: 7.67µg (10.95%), Vitamin C: 7.63mg (9.25%), Vitamin A: 443.96IU (8.88%), Vitamin B3: 1.62mg (8.09%), Vitamin B6: 0.14mg (7.2%), Phosphorus: 63.69mg (6.37%), Vitamin B2: 0.09mg (5.25%), Zinc: 0.74mg (4.93%), Potassium: 160.36mg (4.58%), Iron: 0.72mg (3.97%), Vitamin B12: 0.21µg (3.53%), Vitamin E: 0.42mg (2.77%), Magnesium: 10.08mg (2.52%), Fiber: 0.62g (2.49%), Folate: 9.24µg (2.31%), Vitamin B5: 0.22mg (2.24%), Copper: 0.04mg (2.15%), Calcium: 14.01mg (1.4%), Manganese: 0.03mg (1.33%)