

Honey-Garlic Moose Meatballs



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



48

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1.5 teaspoons chili powder
- ☐ 0.3 cup garlic minced
- ☐ 2 tablespoons garlic powder
- ☐ 0.5 cup honey
- ☐ 3 tablespoons onion powder
- ☐ 0.3 cup soya sauce
- ☐ 3 pounds ground moose

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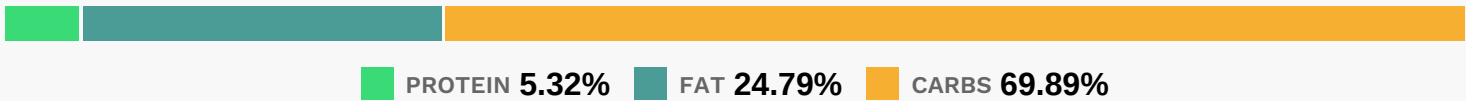
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir together the minced garlic, soy sauce, and honey together in a small saucepan. Stir in garlic powder, onion powder, and chili powder. Bring to a simmer over medium-high heat, then reduce heat to medium-low and gently simmer for 15 minutes, then set aside.
- ☐ While the sauce is simmering, roll the ground moose into meatballs in 2 tablespoon portions.
- ☐ Heat the canola oil in a large skillet over medium-high heat. Cook the meatballs in batches until well browned, and cooked through, 10 to 15 minutes; drain well.
- ☐ Place the drained meatballs into a baking dish.
- ☐ Pour on the sauce, and stir until well coated.
- ☐ Bake in preheated oven for about 20 minutes so the meatballs absorb some of the sauce.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:1.6, Inflammation Score:-1, Nutrition Score:0.45478260581908%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 20.44kcal (1.02%), Fat: 0.6g (0.93%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 69.3mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Manganese: 0.03mg (1.54%), Vitamin B6: 0.02mg (1.1%)