



## Hot and Saucy Cocktail Meatballs

READY IN



80 min.

SERVINGS



6

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 24 ounces chili sauce
- ☐ 1 cup breadcrumbs dry progresso® (any flavor)
- ☐ 2 eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 20 ounces grape jelly
- ☐ 2 pounds ground beef lean
- ☐ 0.5 cup milk
- ☐ 0.7 cup onion finely chopped
- ☐ 0.1 teaspoon pepper

- ☐ 2 teaspoons salt
- ☐ 1 teaspoon worcestershire sauce

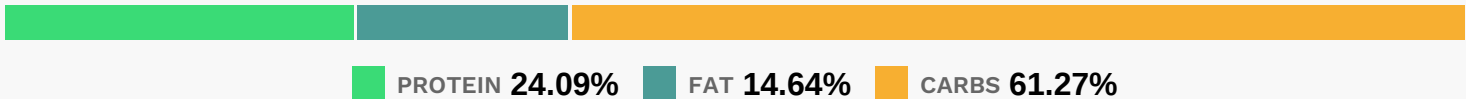
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ dutch oven
- ☐ broiler pan

## Directions

- ☐ Heat oven to 400°F. Stir together all ingredients except chili sauce and jelly. Shape into 1-inch meatballs.
- ☐ Place in ungreased retangular pan, 13x9x2 inches, or on rack in broiler pan.
- ☐ Bake uncovered about 20 minutes or until no longer pink in center and juice is clear.
- ☐ Heat chili sauce and jelly in Dutch oven over medium heat, stirring contantly, until jelly is melted. Stir in meatballs until coated. Simmer uncovered 30 minutes.
- ☐ Serve hot with toothpicks.

## Nutrition Facts



## Properties

Glycemic Index:30.67, Glycemic Load:35.98, Inflammation Score:-7, Nutrition Score:29.027825936027%

## Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

## Nutrients (% of daily need)

Calories: 686.91kcal (34.35%), Fat: 11g (16.92%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 103.54g (34.51%),  
Net Carbohydrates: 98.61g (35.86%), Sugar: 63.93g (71.03%), Cholesterol: 150.74mg (50.25%), Sodium: 2599.5mg  
(113.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.71g (81.43%), Vitamin B12: 3.69µg (61.5%), Vitamin  
B3: 11.43mg (57.14%), Zinc: 8.52mg (56.78%), Selenium: 38.97µg (55.67%), Phosphorus: 462.16mg (46.22%), Vitamin  
B6: 0.87mg (43.74%), Vitamin C: 29.68mg (35.97%), Iron: 6.28mg (34.88%), Vitamin B2: 0.57mg (33.51%),  
Potassium: 1143.56mg (32.67%), Vitamin K: 29.66µg (28.25%), Vitamin B1: 0.38mg (25.37%), Copper: 0.43mg  
(21.35%), Vitamin A: 996.94IU (19.94%), Fiber: 4.93g (19.71%), Vitamin E: 2.91mg (19.38%), Magnesium: 65.26mg  
(16.31%), Folate: 59.81µg (14.95%), Vitamin B5: 1.42mg (14.17%), Calcium: 129.01mg (12.9%), Manganese: 0.26mg  
(12.78%), Vitamin D: 0.67µg (4.45%)