



Lana's Sweet and Sour Meatballs

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 large carrots diced
- ☐ 3 tablespoons cornstarch
- ☐ 1 cup bread crumbs dry
- ☐ 2 eggs
- ☐ 2 teaspoons granulated sugar
- ☐ 1 large bell pepper green cut into 1/2 inch pieces
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 pounds ground beef lean
- ☐ 0.5 cup onion finely chopped
- ☐ 20 ounce pineapple chunks with juice reserved drained canned
- ☐ 0.5 teaspoon seasoning salt
- ☐ 1 tablespoon soya sauce
- ☐ 0.3 cup water
- ☐ 3 tablespoons distilled vinegar white
- ☐ 2 teaspoons worcestershire sauce

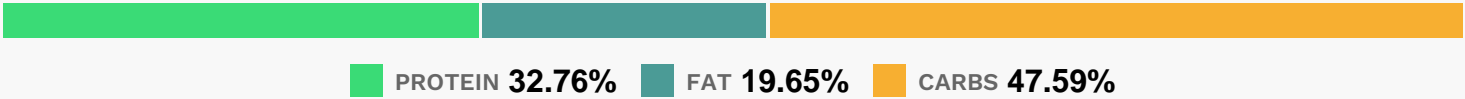
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a large, shallow baking sheet.
- ☐ In a large bowl, thoroughly mix the ground beef, eggs, bread crumbs and onion.
- ☐ Sprinkle with ginger, seasoning salt, pepper, Worcestershire sauce and sugar. Shape into one inch balls.
- ☐ Place meatballs in a single layer on prepared baking sheet.
- ☐ Bake in preheated oven for 10 to 15 minutes; set aside.
- ☐ To make the sauce, mix enough water with the reserved pineapple juice to make 1 cup. In a large pot over medium heat, combine the juice mixture, 1/3 cup water, vinegar, soy sauce, and brown sugar. Stir in cornstarch, ginger and seasoning salt, until smooth. Cover and cook until thickened.
- ☐ Stir pineapple chunks, carrot, green pepper and meatballs into the sauce. Gently stir to coat the meatballs with the sauce. Simmer, uncovered, for about 20 minutes, or until meatballs are thoroughly cooked.

Nutrition Facts



Properties

Glycemic Index:31.37, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:19.610869563144%

Flavonoids

Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 350.57kcal (17.53%), Fat: 7.59g (11.68%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 38.99g (14.18%), Sugar: 26.86g (29.84%), Cholesterol: 111.23mg (37.08%), Sodium: 492.55mg (21.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.48g (56.97%), Vitamin B12: 2.69µg (44.75%), Zinc: 6.27mg (41.82%), Selenium: 27.24µg (38.91%), Vitamin B3: 7.66mg (38.31%), Vitamin A: 1676.33IU (33.53%), Vitamin B6: 0.61mg (30.72%), Vitamin C: 24.61mg (29.83%), Phosphorus: 289.11mg (28.91%), Iron: 4.14mg (23.03%), Vitamin B2: 0.32mg (18.93%), Vitamin B1: 0.28mg (18.57%), Potassium: 639.78mg (18.28%), Manganese: 0.27mg (13.61%), Magnesium: 49.9mg (12.47%), Copper: 0.25mg (12.27%), Vitamin B5: 1.06mg (10.57%), Fiber: 2.39g (9.57%), Folate: 35.19µg (8.8%), Calcium: 74.71mg (7.47%), Vitamin K: 4.73µg (4.5%), Vitamin E: 0.6mg (3.98%), Vitamin D: 0.33µg (2.22%)