



Manhattan Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz apricot preserves
- 0.5 cup original barbecue sauce kraft
- 2 cups bread crumbs fresh
- 2 eggs beaten
- 2 Tbsp parsley fresh chopped
- 2 lb ground beef
- 2 Tbsp butter
- 0.5 cup onions chopped

2 tsp salt

Equipment

frying pan

oven

casserole dish

Directions

Preheat oven to 350F.

Mix meat, crumbs, onions, eggs, parsley and salt. Shape into 56 meatballs, each about 1 inch in diameter. Brown in margarine in large skillet; drain.

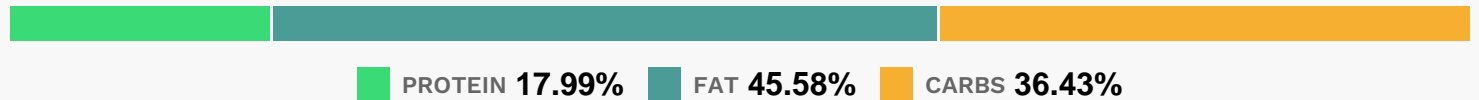
Place in 2-qt. casserole dish.

Mix preserves and barbecue sauce.

Pour over meatballs; mix lightly.

Bake 30 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:17.073043377503%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 556.42kcal (27.82%), Fat: 28.18g (43.35%), Saturated Fat: 9.97g (62.32%), Carbohydrates: 50.65g (16.88%), Net Carbohydrates: 48.97g (17.81%), Sugar: 23.46g (26.07%), Cholesterol: 121.43mg (40.48%), Sodium: 1102.83mg (47.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.03g (50.05%), Vitamin B12: 2.62µg

(43.71%), Selenium: 28.18µg (40.26%), Zinc: 5.35mg (35.69%), Vitamin B3: 6.74mg (33.69%), Phosphorus: 254.39mg (25.44%), Iron: 4.07mg (22.61%), Vitamin B6: 0.45mg (22.57%), Vitamin B1: 0.32mg (21.61%), Vitamin B2: 0.35mg (20.57%), Vitamin K: 19.8µg (18.86%), Manganese: 0.32mg (15.76%), Potassium: 464.48mg (13.27%), Folate: 46.09µg (11.52%), Copper: 0.2mg (10%), Vitamin B5: 0.94mg (9.42%), Calcium: 93.99mg (9.4%), Magnesium: 37.54mg (9.39%), Vitamin A: 377.51IU (7.55%), Fiber: 1.68g (6.73%), Vitamin C: 5.24mg (6.35%), Vitamin E: 0.91mg (6.06%), Vitamin D: 0.33µg (2.22%)