



Manhattan Meatballs

 Dairy Free

READY IN



50 min.

SERVINGS



16

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 2 cups bread crumbs dry
- ☐ 2 eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 pounds ground round lean (very)
- ☐ 0.5 cup onion minced
- ☐ 16 ounce pineapple preserves
- ☐ 2 teaspoons salt

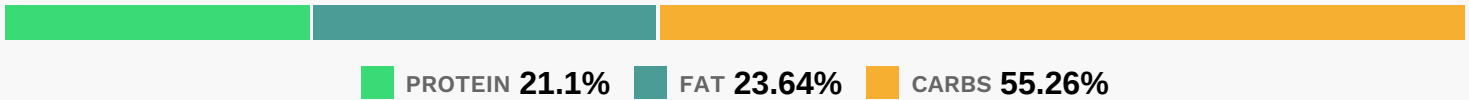
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium-size mixing bowl, mix barbecue sauce and pineapple preserves together.
- ☐ In a medium-size mixing bowl, combine meat, breadcrumbs, eggs, onions, salt, and parsley.
- ☐ Mix well and form into bite-size balls. Arrange the balls in a single layer in a 9x13 inch baking dish.
- ☐ Pour the barbecue sauce mixture evenly over the meatballs.
- ☐ Bake for 30 to 45 minutes, until the meat is cooked.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:10.68, Inflammation Score:-2, Nutrition Score:9.4773913103601%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 272.72kcal (13.64%), Fat: 7.05g (10.85%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 35.9g (13.05%), Sugar: 20.76g (23.06%), Cholesterol: 57.31mg (19.1%), Sodium: 628.4mg (27.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.31%), Vitamin B12: 1.35µg (22.49%), Selenium: 15.33µg (21.9%), Zinc: 3.04mg (20.3%), Vitamin B3: 3.9mg (19.52%), Phosphorus: 148.19mg (14.82%), Vitamin B6: 0.26mg (13.02%), Iron: 2.32mg (12.86%), Vitamin B2: 0.2mg (11.85%), Vitamin B1: 0.17mg (11.2%), Vitamin

K: 9.9µg (9.43%), Manganese: 0.17mg (8.66%), Potassium: 289.48mg (8.27%), Folate: 25.62µg (6.4%), Copper: 0.12mg (6.17%), Magnesium: 22.02mg (5.51%), Vitamin B5: 0.54mg (5.39%), Calcium: 48.18mg (4.82%), Fiber: 1.18g (4.73%), Vitamin C: 3.64mg (4.41%), Vitamin E: 0.43mg (2.88%), Vitamin A: 111.96IU (2.24%), Vitamin D: 0.17µg (1.11%)