



Meat Loaf Surprise Meatballs

 Dairy Free

READY IN



50 min.

SERVINGS



32

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 lb ground round
- ☐ 1 cup catsup
- ☐ 2 tablespoons onion grated
- ☐ 0.8 cup panko bread crumbs crispy italian progresso®
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 32 potatoes frozen miniature thaw (do not) (from 28-oz bag)
- ☐ 0.3 teaspoon salt

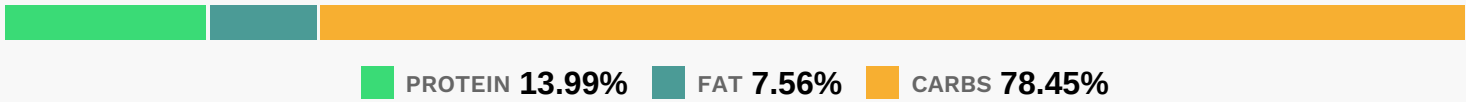
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Heat oven to 350°F. Line broiler pan with foil; spray foil with cooking spray.
- ☐ In large bowl, mix beef, bread crumbs, 1/3 cup of the ketchup, the parsley, onion, salt, pepper and egg. Shape meat mixture into 32 (1 1/4-inch) meatballs, placing 1 potato nugget in center of each.
- ☐ Place meatballs in pan.
- ☐ Bake 25 to 28 minutes or until thoroughly cooked.
- ☐ In large serving bowl, mix remaining 2/3 cup ketchup and the brown sugar.
- ☐ Add hot cooked meatballs, tossing to coat completely.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:27.26, Inflammation Score:-5, Nutrition Score:12.889130355223%

Flavonoids

Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.07mg,

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 213.22kcal (10.66%), Fat: 1.83g (2.81%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 37.83g (13.76%), Sugar: 5.6g (6.23%), Cholesterol: 14.33mg (4.78%), Sodium: 121.51mg (5.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Vitamin C: 42.94mg (52.05%), Vitamin B6: 0.7mg (34.94%), Potassium: 974.73mg (27.85%), Fiber: 4.8g (19.21%), Manganese: 0.35mg (17.66%), Vitamin B3: 3.18mg (15.88%), Phosphorus: 155.05mg (15.51%), Magnesium: 54.1mg (13.52%), Vitamin B1: 0.19mg (12.8%), Copper: 0.25mg (12.67%), Iron: 2.15mg (11.92%), Vitamin K: 12.2µg (11.62%), Folate: 38.61µg (9.65%), Zinc: 1.35mg (9.03%), Vitamin B5: 0.75mg (7.53%), Vitamin B2: 0.12mg (6.78%), Vitamin B12: 0.33µg (5.51%), Selenium: 3.85µg (5.5%), Calcium: 34.5mg (3.45%), Vitamin A: 89.75IU (1.79%), Vitamin E: 0.2mg (1.3%)