



## Meatball Mini Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 oz processed cheese food cut into quarters
- 16.3 oz grands flaky refrigerator biscuits refrigerated pillsbury® canned (8 biscuits)
- 2 teaspoons chili powder
- 0.8 cup chili sauce
- 1 eggs
- 32 meatballs plain frozen thawed (from 28-oz package; 3 cups)
- 0.5 cup onion chopped (1 medium)
- 2 tablespoons sesame seed

- 2 teaspoons vegetable oil
- 0.3 cup water
- 0.3 cup mustard yellow

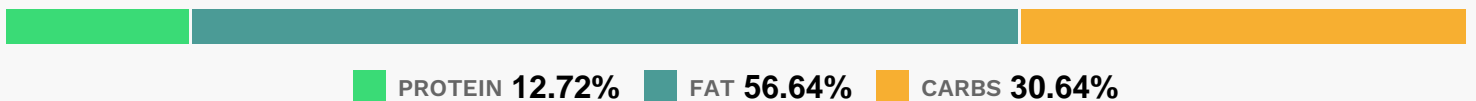
## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- toothpicks

## Directions

- Heat oven to 350°F. On ungreased cookie sheet, place biscuits 1 to 2 inches apart.
- Cut each biscuit into quarters, but do not separate pieces. In small bowl, beat egg and 1 tablespoon water.
- Brush egg mixture over tops of biscuits; sprinkle with sesame seed.
- Bake 14 to 17 minutes or until golden brown. Cool slightly; separate biscuit quarters.
- Meanwhile, in 2-quart saucepan, heat oil over medium-high heat.
- Add onion; cook, stirring frequently, until onion is tender. Stir in chili sauce, 1/4 cup water, the mustard and chili powder. Cook 3 to 5 minutes, stirring frequently, until slightly thickened.
- Add meatballs to chili sauce mixture. Cover; cook over medium heat 8 to 10 minutes, stirring occasionally, until meatballs are hot.
- Split each biscuit quarter to make tiny bun. Fill each bun with 1 cheese piece, 1 meatball and some of the sauce. Secure with toothpick.

## Nutrition Facts



## Properties

Glycemic Index:5.78, Glycemic Load:5.91, Inflammation Score:-2, Nutrition Score:4.2078261129234%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 146.51kcal (7.33%), Fat: 9.21g (14.16%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 10.63g (3.87%), Sugar: 4.24g (4.71%), Cholesterol: 20.51mg (6.84%), Sodium: 259.03mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin B1: 0.17mg (11.31%), Selenium: 6.78µg (9.68%), Phosphorus: 80.5mg (8.05%), Calcium: 68.58mg (6.86%), Vitamin B2: 0.11mg (6.22%), Vitamin B3: 1.24mg (6.2%), Manganese: 0.09mg (4.58%), Vitamin B6: 0.09mg (4.51%), Iron: 0.79mg (4.4%), Vitamin E: 0.61mg (4.08%), Zinc: 0.6mg (4%), Folate: 15.18µg (3.79%), Vitamin B12: 0.19µg (3.17%), Vitamin A: 153.1IU (3.06%), Potassium: 96.82mg (2.77%), Copper: 0.06mg (2.77%), Vitamin K: 2.75µg (2.62%), Magnesium: 10.14mg (2.54%), Fiber: 0.57g (2.28%), Vitamin B5: 0.19mg (1.9%), Vitamin C: 1.32mg (1.59%)