



Meatballs in Dijon Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 slice bread whole wheat crumbled
- 0.3 cup onion chopped
- 1 tablespoon dijon mustard
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 3 tablespoons flour all-purpose
- 1 tablespoon cornstarch
- 1.5 teaspoons beef bouillon granules

- 1 cup water
- 1 cup skim milk fat-free (skim)
- 3 tablespoons chives fresh finely chopped
- 2 tablespoons dijon mustard
- 0.3 teaspoon pepper
- 1 teaspoon juice of lemon
- 3 cups noodles hot cooked

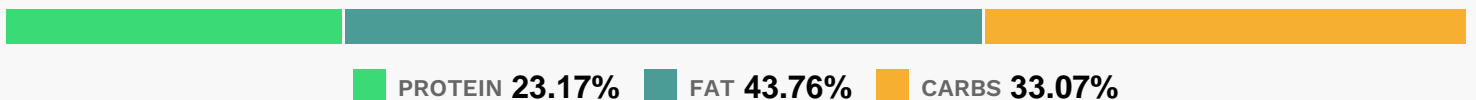
Equipment

- bowl
- frying pan
- sauce pan
- oven
- broiler pan

Directions

- Heat oven to 400°F. Spray broiler pan rack with cooking spray. In large bowl, mix ground beef, bread crumbs, onion, 1 tablespoon mustard, the salt and 1/4 teaspoon pepper. Shape into 24 (1 1/4-inch) balls; place on rack in pan.
- Bake uncovered 20 to 25 minutes or until thoroughly cooked and no longer pink in center.
- In 2-quart saucepan, mix flour, cornstarch, bouillon granules and water; stir in all remaining ingredients except noodles. Cook uncovered over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
- Add meatballs; stir gently.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:71.07, Glycemic Load:12.42, Inflammation Score:-3, Nutrition Score:12.640000053074%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 338.46kcal (16.92%), Fat: 16.2g (24.92%), Saturated Fat: 6g (37.5%), Carbohydrates: 27.55g (9.18%), Net Carbohydrates: 25.58g (9.3%), Sugar: 3.12g (3.47%), Cholesterol: 54.92mg (18.31%), Sodium: 390.9mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.6%), Selenium: 32.92µg (47.03%), Vitamin B12: 1.86µg (30.99%), Zinc: 3.83mg (25.52%), Phosphorus: 223.69mg (22.37%), Vitamin B3: 3.99mg (19.93%), Manganese: 0.39mg (19.64%), Vitamin B6: 0.33mg (16.27%), Iron: 2.7mg (15.02%), Vitamin B2: 0.21mg (12.56%), Potassium: 344.41mg (9.84%), Magnesium: 38.66mg (9.67%), Calcium: 89.79mg (8.98%), Vitamin B1: 0.13mg (8.97%), Fiber: 1.97g (7.88%), Copper: 0.14mg (7.08%), Vitamin B5: 0.68mg (6.8%), Folate: 22.77µg (5.69%), Vitamin K: 5.34µg (5.09%), Vitamin D: 0.52µg (3.5%), Vitamin A: 155.16IU (3.1%), Vitamin E: 0.41mg (2.71%), Vitamin C: 1.72mg (2.08%)