



Meatballs in Dijon Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons beef bouillon granules
- ☐ 3 cups noodles hot cooked
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 tablespoons chives fresh finely chopped
- ☐ 1 lb ground beef 80% lean (at least)

- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water
- ☐ 1 slice bread whole wheat crumbled

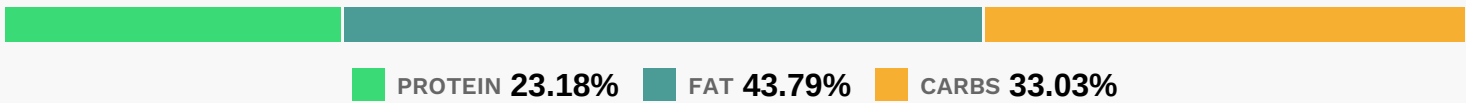
Equipment

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

Directions

- ☐ Heat oven to 400F. 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:65.74, Glycemic Load:12.41, Inflammation Score:-3, Nutrition Score:12.594782621964%

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: 338.25kcal (16.91%), Fat: 16.2g (24.92%), Saturated Fat: 6g (37.5%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 25.55g (9.29%), Sugar: 3.12g (3.46%), Cholesterol: 54.92mg (18.31%), Sodium: 390.88mg (16.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.29g (38.58%), Selenium: 32.92µg (47.03%), Vitamin B12: 1.86µg (30.99%), Zinc: 3.83mg (25.51%), Phosphorus: 223.56mg (22.36%), Vitamin B3: 3.98mg (19.92%), Manganese: 0.38mg (19.11%), Vitamin B6: 0.33mg (16.26%), Iron: 2.7mg (14.98%), Vitamin B2: 0.21mg (12.55%), Potassium: 343.3mg (9.81%), Magnesium: 38.52mg (9.63%), Vitamin B1: 0.13mg (8.97%), Calcium: 89.42mg (8.94%), Fiber: 1.95g (7.79%), Copper: 0.14mg (7.02%), Vitamin B5: 0.68mg (6.79%), Folate: 22.75µg (5.69%), Vitamin K: 5.21µg (4.96%), Vitamin D: 0.52µg (3.5%), Vitamin A: 154.7IU (3.09%), Vitamin E: 0.41mg (2.7%), Vitamin C: 1.72mg (2.08%)