



Meatballs with Chipotle Dipping Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 chipotle pepper in adobo sauce canned
- 0.3 cup bread crumbs dry
- 1 eggs
- 0.3 cup cilantro leaves fresh chopped
- 3 cloves garlic divided minced
- 1 lb ground beef lean
- 1 cup real mayo mayonnaise kraft
- 1 jalapeño pepper fresh minced

Equipment

- baking sheet
- oven
- blender

Directions

- Heat oven to 375F.
- Mix meat, cilantro, bread crumbs, jalapeo peppers, egg and 2/3 of the garlic; shape into 20 meatballs, each about 1 inch in diameter.
- Place on rimmed baking sheet sprayed with cooking spray.
- Bake 20 min. or until done (160F). Meanwhile, process mayo, chipotle pepper and remaining garlic in blender until smooth.
- Serve meatballs with sauce.

Nutrition Facts

 **PROTEIN 18.91%**  **FAT 76.36%**  **CARBS 4.73%**

Properties

Glycemic Index:7.2, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:3.7091304057318%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 117.05kcal (5.85%), Fat: 9.8g (15.07%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.21g (0.24%), Cholesterol: 26.95mg (8.98%), Sodium: 99.28mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin K: 19.13µg (18.22%), Vitamin B12: 0.55µg (9.1%), Zinc: 1.23mg (8.17%), Selenium: 5.29µg (7.55%), Vitamin B3: 1.34mg (6.72%), Phosphorus: 54.7mg (5.47%), Vitamin B6: 0.1mg (5.06%), Iron: 0.7mg (3.89%), Vitamin B2: 0.05mg (3.24%), Vitamin E: 0.46mg (3.07%), Potassium: 89.9mg (2.57%), Vitamin B5: 0.21mg (2.11%), Vitamin B1: 0.03mg (1.7%), Magnesium: 6.2mg (1.55%), Manganese: 0.03mg (1.54%), Copper: 0.03mg (1.35%), Folate: 4.32µg (1.08%)