



## Meatballs with Fire Roasted Tomato Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 0.3 cup breadcrumbs plain
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper
- 0.3 cup spring onion finely chopped
- 1 eggs
- 25.5 oz tomato sauce fire roasted
- 0.8 cup cherries dried chopped

- 0.5 cup water
- 2 tablespoons apple cider vinegar
- 1 serving chives fresh chopped

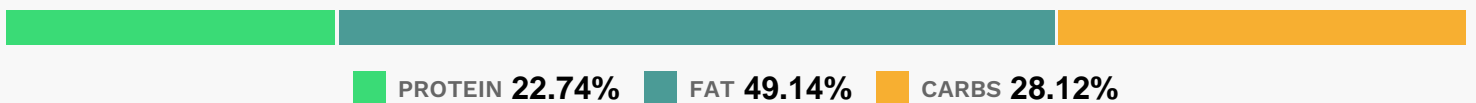
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- slow cooker

## Directions

- Heat oven to 400°F. In large bowl, mix meatball ingredients. Shape into 30 (1-inch) meatballs.
- Place in ungreased 13x9-inch pan.
- Bake uncovered about 15 minutes or until thoroughly cooked and no longer pink in center.
- In 3-quart saucepan, heat all sauce ingredients except chives to boiling, stirring occasionally; reduce heat. Stir in meatballs; cover and simmer about 15 minutes or until sauce is hot.
- Sprinkle with chives.
- Serve in chafing dish or slow cooker on low heat setting.

## Nutrition Facts



## Properties

Glycemic Index:12.93, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:5.5934782157774%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 120.01kcal (6%), Fat: 6.57g (10.11%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 7.03g (2.56%), Sugar: 5.02g (5.58%), Cholesterol: 32.38mg (10.79%), Sodium: 345.3mg (15.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.69%), Vitamin B12: 0.68µg (11.33%), Zinc: 1.44mg (9.62%), Vitamin B3: 1.89mg (9.44%), Vitamin A: 459.37IU (9.19%), Selenium: 6.19µg (8.85%), Vitamin B6: 0.15mg (7.66%), Iron: 1.32mg (7.33%), Phosphorus: 70.44mg (7.04%), Potassium: 239.08mg (6.83%), Vitamin B2: 0.1mg (5.78%), Vitamin E: 0.86mg (5.73%), Fiber: 1.43g (5.71%), Vitamin K: 5.67µg (5.4%), Vitamin C: 3.73mg (4.52%), Manganese: 0.08mg (4.22%), Copper: 0.08mg (4.2%), Vitamin B5: 0.36mg (3.58%), Magnesium: 14.1mg (3.52%), Vitamin B1: 0.04mg (2.94%), Folate: 10.9µg (2.73%), Calcium: 24.42mg (2.44%)