



Meatballs with Fire Roasted Tomato Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

- 0.3 teaspoon pepper
- 0.5 cup water
- 2 tablespoons apple cider vinegar

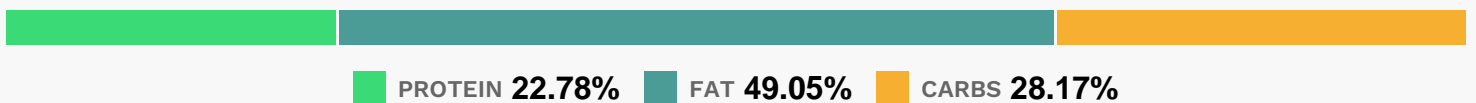
Equipment

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

Directions

- Heat oven to 400F. 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:0.87, Inflammation Score:-4, Nutrition Score:5.7952173611392%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 120.29kcal (6.01%), Fat: 6.58g (10.12%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.05g (2.56%), Sugar: 5.04g (5.6%), Cholesterol: 32.38mg (10.79%), Sodium: 345.33mg (15.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.75%), Vitamin B12: 0.68µg (11.33%), Vitamin A: 500IU (10%), Zinc: 1.45mg (9.66%), Vitamin B3: 1.89mg (9.47%), Selenium: 6.2µg (8.86%), Vitamin B6: 0.15mg (7.73%), Iron: 1.33mg (7.41%), Vitamin K: 7.66µg (7.29%), Phosphorus: 70.98mg (7.1%), Potassium: 241.84mg (6.91%), Vitamin B2: 0.1mg (5.84%), Fiber: 1.45g (5.8%), Vitamin E: 0.86mg (5.75%), Vitamin C: 4.27mg (5.17%), Manganese: 0.09mg (4.39%), Copper: 0.09mg (4.27%), Magnesium: 14.49mg (3.62%), Vitamin B5: 0.36mg (3.61%), Vitamin B1: 0.04mg (2.99%), Folate: 11.88µg (2.97%), Calcium: 25.27mg (2.53%)