



Meatloaf Surprise Meatballs

 Dairy Free

READY IN



50 min.

SERVINGS



32

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb ground round
- 0.8 cup panko bread crumbs crispy italian
- 1 cup catsup
- 0.3 cup parsley fresh chopped
- 2 tablespoons onion grated
- 0.3 teaspoon salt
- 0.3 teaspoon pepper freshly ground
- 1 eggs

- 32 potato nuggets frozen miniature thaw (do not) (from 28-oz bag)
- 0.3 cup brown sugar packed

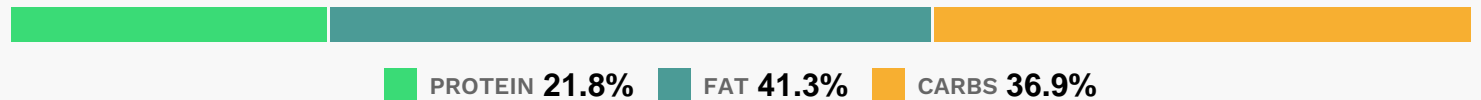
Equipment

- bowl
- frying pan
- oven
- aluminum foil
- broiler pan

Directions

- Heat oven to 350°F. Line broiler pan with foil; spray foil with cooking spray.
- In large bowl, mix beef, bread crumbs, 1/3 cup of the ketchup, the parsley, onion, salt, pepper and egg. Shape meat mixture into 32 (1 1/4-inch) meatballs, placing 1 potato nugget in center of each.
- Place meatballs in pan.
- Bake 25 to 28 minutes or until thoroughly cooked.
- In large serving bowl, mix remaining 2/3 cup ketchup and the brown sugar.
- Add hot cooked meatballs, tossing to coat completely.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:2.84, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.6334782437138%

Flavonoids

Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg,

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 105.21kcal (5.26%), Fat: 5.14g (7.9%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 8.11g (2.95%), Sugar: 4.99g (5.55%), Cholesterol: 14.33mg (4.78%), Sodium: 108.73mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Iron: 3.28mg (18.24%), Fiber: 2.22g (8.86%), Vitamin K: 8.15µg (7.76%), Potassium: 225mg (6.43%), Vitamin B12: 0.33µg (5.51%), Zinc: 0.74mg (4.91%), Vitamin B3: 0.93mg (4.65%), Selenium: 3.21µg (4.59%), Vitamin B6: 0.07mg (3.52%), Phosphorus: 33.64mg (3.36%), Vitamin B2: 0.05mg (2.77%), Vitamin A: 85.49IU (1.71%), Vitamin B1: 0.02mg (1.44%), Manganese: 0.03mg (1.36%), Magnesium: 5.11mg (1.28%), Vitamin B5: 0.12mg (1.23%), Vitamin C: 0.98mg (1.18%), Copper: 0.02mg (1.17%), Vitamin E: 0.17mg (1.16%), Folate: 4.53µg (1.13%), Calcium: 10.34mg (1.03%)