



## Mom's Best Bite-Size Meatballs

 Dairy Free

READY IN



36 min.

SERVINGS



36

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 17.5 oz original barbecue sauce kraft
- 2 eggs
- 2 lb ground beef lean
- 6 oz stove top stuffing mix for chicken
- 1 cup water
- 14 oz berry cranberry sauce whole canned

## Equipment

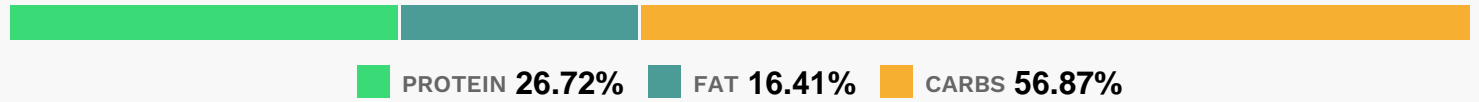
- baking sheet

- sauce pan
- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- Cover 2 rimmed baking sheets with foil; spray with cooking spray.
- Mix meat, stuffing mix, water and eggs just until blended. Shape into 50 (1-1/2-inch) meatballs; place on prepared pans.
- Bake 16 min. or until done (160F). Meanwhile, bring barbecue sauce and cranberry sauce to boil in large saucepan on medium heat, stirring occasionally.
- Add meatballs to sauce; stir to evenly coat.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.8304348192785%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 97.49kcal (4.87%), Fat: 1.76g (2.7%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 13.3g (4.84%), Sugar: 8.48g (9.42%), Cholesterol: 24.76mg (8.25%), Sodium: 229.31mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Selenium: 7.63µg (10.89%), Vitamin B12: 0.59µg (9.79%), Zinc: 1.39mg (9.24%), Vitamin B3: 1.75mg (8.76%), Phosphorus: 64.59mg (6.46%), Vitamin B6: 0.12mg (6.1%), Iron: 0.96mg (5.31%), Vitamin B2: 0.08mg (4.76%), Potassium: 137.25mg (3.92%), Vitamin B1: 0.04mg (2.95%), Manganese: 0.06mg (2.76%), Folate: 10.73µg (2.68%), Magnesium: 9.81mg (2.45%), Vitamin B5: 0.24mg (2.41%), Copper: 0.05mg (2.31%), Vitamin E: 0.33mg (2.18%), Fiber: 0.4g (1.59%), Calcium: 13.3mg (1.33%)