



Pineapple-Glazed Cocktail Meatballs

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 16 oz meatballs frozen fully cooked (30)
- 0.5 cup pineapple in juice canned crushed undrained

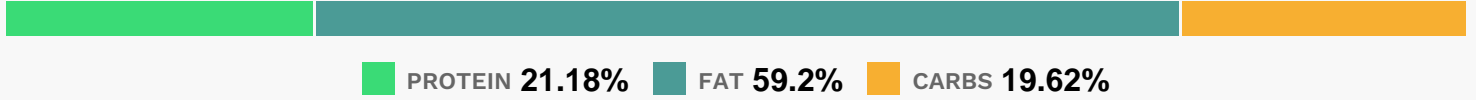
Equipment

- frying pan

Directions

- Mix first 2 ingredients in large nonstick skillet until blended.
- Stir in meatballs until evenly coated.
- Bring to boil on medium-high heat; simmer on medium-low heat 10 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.3934782484303%

Nutrients (% of daily need)

Calories: 74.66kcal (3.73%), Fat: 4.86g (7.47%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.5g (1.27%), Sugar: 3.02g (3.35%), Cholesterol: 16.33mg (5.44%), Sodium: 86.39mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin B1: 0.17mg (11.48%), Selenium: 5.69µg (8.13%), Vitamin B3: 1.04mg (5.2%), Vitamin B6: 0.1mg (4.78%), Phosphorus: 41.44mg (4.14%), Zinc: 0.52mg (3.44%), Vitamin B2: 0.06mg (3.43%), Vitamin B12: 0.16µg (2.65%), Potassium: 87.29mg (2.49%), Vitamin B5: 0.16mg (1.63%), Magnesium: 5.92mg (1.48%), Iron: 0.26mg (1.43%), Copper: 0.02mg (1.01%)